

WAROONA RECREATION CENTRE GROUP FITNESS TIMETABLE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30AM	BOOTCAMP	SPINFIT	BOOTCAMP	SPINFIT	BOOTCAMP
8:00AM	AQUA AEROBICS	YOGA FLOW	AQUA AEROBICS	YOGA FLOW	AQUA AEROBICS
8:30AM	AQUA AEROBICS	YOGA FLOW	AQUA AEROBICS	YOGA FLOW	AQUA AEROBICS
9:00AM	FBS	SPINFIT	POWER BAR	GYM CIRCUIT	FBS
9:30AM	FBS	SPINFIT	POWER BAR	GYM CIRCUIT	FBS
10:00AM	GYM CIRCUIT	BOOTY CAMP			BOOTY CAMP
10:30AM	GYM CIRCUIT	BOOTY CAMP			BOOTY CAMP
10:45AM	GYM CIRCUIT	BOOTY CAMP			BOOTY CAMP
11:00AM	GYM CIRCUIT	BOOTY CAMP			BOOTY CAMP
4:15PM	TEEN FIT			TEEN FIT	
4:30PM		SPINFIT			
5:15PM	STRENGTH CIRCUIT	SPINFIT		STRENGTH CIRCUIT	

Bootcamp: Bootcamp is a 1-hour HIIT training class that can be in the form of circuits, single pods & rows. Mixed with cardio & weights that provide a killer sweat session to start your morning for all ages. All classes are based around 45/15, 30/10 or 20/10 working intervals of AMAYC (As many as you can). This means its all taken at your own pace depending on your goals, with the 1 on 1 support from a GF instructor.

Aqua aerobics: A water-based class that has very minimal impact with medium/high intensity. A fun environment with catchy tracks & functional movements that spiles into a full body workout. With no exercises requiring swimming, its also great for those only wanting a workout without getting full wet.

FBS: FITNESS, BALANCE & STRENGTH. A low intensity full body class, that has a full blend of coordination, body weight exercises & fun music tracks that will test your dances moves while incorporating weights. Testing your fitness, balance & strength. Built for all ages, a great introduction to the fitness scene.

Spin Fit: A 1-hour intense indoor cycling class that will test your cardio/muscular endurance with a great atmosphere, catchy tracks & a great way to expand your overall fitness levels. Ranging from heavy hill climbs to intense sprints, great music tracks & a great spin community that will help guide you along the way. **Make sure to pre book your spin bike as we have limited spots available!**

Strength Circuit: A weight based HIIT training that shares the same format as a BOOTCAMP. This will put your paces as it will test your strength & muscular endurance over a 1-hour class. All strength circuits are set at your own pace as you control your weights & reps to suit your desired goals.

Gym circuit: A specialized gym class that provides a full body weight session based in the gym. Learning the correct lifting techniques, preferred REP/SET ranges & tempos with supervision from a Personal Trainer. A great introduction for anyone wanting to ease in the gym while feeling comfortable & most importantly safe.

Booty Camp: A dynamic 45-minute bootcamp styled workout designed to target and strengthen your glutes and lower body, helping you sculpt and tone for that BBL look. Finish strong with a core session to wrap up session with the guidance from our GF instructor.

Yoga Flow: Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. Conducted by a calm & spiritual instructor that will guide you through the relaxing state of yoga flow.