

# FITNESS CENTRE

## GROUP FITNESS TIMETABLE

### Timetable is valid from 4 January 2021

All **Yoga, Pilates, Body Balance and Stretch** will be held in the Theatrette now Studio.  
All classes are to be booked online via the yepbooking link. You can only book up to 7 days in advance

#45 MINUTE CLASS. All other classes are one hour in duration.  
+CLASS IS IN AQUATICS AREA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Time	Fitness studio	Fitness studio	Fitness studio	Fitness studio	Fitness studio	Fitness studio	Fitness studio
6.30am	XTC#				HIIT & Core#		
7.00am			HIIT & Core#	BODYBALANCE™			
8.30am						XTC#	
9.00am	Yoga	Pilates			Strength & Conditioning		
9.30am						Stretch & Support#	
10.00am				Yoga			
10.30am			Stretch & Support				
12.00pm			Aqua Aerobics+				
1.00pm	Aqua Aerobics+						
6.00pm	BODYBALANCE™	XTC#	Pilates				

Member feedback is greatly valued and is referred to when making regular reviews to the program. Accordingly, this timetable will be adjusted based upon class attendance and feedback. Feedback forms are available at Fitness Centre Reception. It is necessary to register and collect a group fitness pass from Fitness Centre Reception prior to each class to reserve your place. Registration opens 30 minutes before each class begins. The instructor will collect your token on entry to the class. For the safety and comfort of all members, please ensure that you take a towel and water bottle to each class and inform your instructor of any injuries. Please be punctual.

For your own safety, entry will not be allowed after the warm up has been completed.

**Opening Hours:** Monday to Friday 5.30am - 10.30pm, Saturday to Sunday 7am - 9pm.

#### RACV Healesville Country Club

122 Healesville-Kinglake Road,  
Healesville 3777

Telephone 5969 9383

fitnesscentrehealesville@racv.com.au



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## CLASS DESCRIPTIONS



### Aqua Aerobics

All the benefit of land exercise with reduced stress and impact on the body. Focusing on strength, balance and core stability.

### BODYBALANCE™

If you enjoy Yoga, Tai Chi and Pilates, you'll love Body Balance. Its the workout that builds flexibility and strength and leaves you feeling centered and calm.

### HIIT & Core

A quick way to burn fat and increase your metabolism in a short amount of time. 30mins of high intensity interval training, followed by 15mins of core strengthen and conditioning.

### Pilates

This workout is a form of stability and mobility training designed to strengthen the core, improve alignment and muscle balance.

### Strength & Conditioning

This class is designed to target weak muscles, improve posture and strengthen your core, working with functional movement.

### Stretch & Support

With a series of stretching and stabilising techniques this class is designed to improve flexibility, posture, balance and alignment.

### XTC

Cross Training Circuits using barbells and dumbbells. XTC combines strength, power and cardio exercises to improve all aspects of your fitness.

### Yoga

One of the best ways to reduce stress, improve concentration, increase flexibility, and gain a greater control of your body.

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