

# GROUP FITNESS TIMETABLE

\*Please check in for all group fitness classes.

\*Please arrive on time. Late arrivals may see you turned away from the class.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adult Swim Fit 5:30 am 60 minutes		Adult Swim Fit 5:30 am 60 minutes		Adult Swim Fit 5:30 am 60 minutes	
Pilates 7 am 45 minutes		Box H.I.I.T 7 am 30 minutes		RPM 7 am 45 minutes	Adult Swim Fit 7 am 60 minutes
15 - Core 15 - Strength 15 - Cardio 12 pm 45 minutes	Functional Training 12 pm 45 minutes	RPM 12 pm 45 minutes	Yoga 12 pm 45 minutes	15 - Cardio 15 - Core 15 - Strength 12 pm 45 minutes	
	H.I.I.T Full Body 4.45 pm 45 minutes	Zumba 4.45 pm 45 minutes	Power Bar Training 4.45 pm 45 minutes		
	Adult Swim Fit 6 pm 60 minutes		Adult Swim Fit 6 pm 60 minutes		

## ADULT SWIM FIT

Our Adult Swim Fit is a moderate to high-intensity swim squad program, designed for swimming endurance, stroke correction, and fitness to help you meet your swimming goals. Note that it is designed for those who are competent with swimming at least 50m with fins. Our Adult Swim Fit caters to swimmers who have moved out of our Adult swim lessons through to adults who are or are working towards being competitive swimmers.

## BOX H.I.I.T

Cardio workout based on boxing drills, focusing on increasing your fitness and burning calories.

## FUNCTIONAL TRAINING

This class uses kettle bells, ropes, TRX and weights providing you with an intense all over body workout.

## H.I.I.T FULL BODY

This class will have your whole body moving through a variety of functional movements. Cardio Intensity rating.

## PILATES (MAT)

Mat Pilates utilises your body weight to strengthen your muscles, improving posture, coordination, balance and reduces injury risk.

## POWER BAR TRAINING

Power Bar is moderate to high intensity barbell resistance training class, designed to strengthen, tone and shape the entire body!

## RPM™

An indoor cycling class designed to develop aerobic capacity and burn up to 800 calories in 45 minutes.

## YOGA

This class will help you to work on your health and well-being from the comfort of your own living room, our instructor will take you through a range of postures, movements and breathing exercises.

## ZUMBA

Latin-inspired aerobic dance workout that's all about having fun.

## 15-15-15

15-15-15 is a flexible H.I.I.T-style class that gives you the option to drop in at any 15 minute interval. Join for a quick 15 minutes or stay for the full 30-45 minutes.

For more information [griffith.edu.au/group-fitness](http://griffith.edu.au/group-fitness)

📍 Nathan Fitness Centre (N11) 📍 Aquatic and Fitness Centre, Mt Gravatt (M30)

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