

# Active Stonnington Timetable

 **WORKOUT TOGETHER, VIRTUALLY.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am		<a href="#">Circuit</a> <a href="#">Delwyn</a>					
7:00am			<a href="#">HIIT30</a> <a href="#">Ash</a>		<a href="#">HIIT30</a> <a href="#">Ash</a>		
8:00am		<a href="#">Meditation</a> <a href="#">Grace</a>					
9:30am	<a href="#">Circuit</a> <a href="#">George</a>					<a href="#">Circuit</a> <a href="#">George</a>	
						<a href="#">Yoga</a> <a href="#">Grace</a>	
10:15am							<a href="#">Yoga</a> <a href="#">Grace</a>
10:30am		<a href="#">Active Adults</a> <a href="#">Firaol</a>	<a href="#">Yoga</a> <a href="#">Kylie</a>	<a href="#">Active Adults</a> <a href="#">Dianne</a>		<a href="#">Zumba®</a> <a href="#">Rhian</a>	
5:30pm		<a href="#">HIIT45</a> <a href="#">Alessandra</a>					
6:00pm	<a href="#">Mat Pilates</a> <a href="#">Delwyn</a>			<a href="#">Strong Nation®</a> <a href="#">Rhian</a>			
6:30pm			<a href="#">Mat Pilates</a> <a href="#">Delwyn</a>				
6:45pm				<a href="#">Zumba Gold®</a> <a href="#">Rhian</a>			
7:00pm	<a href="#">Mat Pilates</a> <a href="#">Catriona</a>						

**Active Adults:** A strength and cardio style class using mostly body weight exercises or add some intensity with light household items as weights (water bottles, tins of food, laundry liquid, etc.). Sturdy chair is required.

**Circuit:** A motivating workout with a mix of cardio, strength and core exercises combining bodyweight and equipment based exercises.

**HIIT:** If it is MAX results in minimal time you're after then HIIT it! This non- equipment based, metabolism boosting, High Intensity Interval Training session will maximise calorie burn, furnace fat, increase cardiovascular capacity and improve muscle tone. HIIT30 = 30 minutes | HIIT45 = 45 minutes

**Mat Pilates:** Increase mind-body awareness through the practice of Pilates Mat. Improve posture, core strength, balance, flexibility, coordination and performance. Feel longer, leaner and more relaxed.

**Meditation:** Can help relieve stress and create a peaceful and clear mind. Take care of your physical, mental and emotional health during these turbulent times. Suitable for beginners and experienced meditators.

**Strong Nation®:** 30 minutes of combining HIIT with the science of synced music motivation. Music and moves designed to push your limits.

**Yoga:** An ancient process to enhance body and mind. You'll learn the main postures (asanas), flexibility, basic breathing techniques (pranayama) and relaxation.

**Zumba®:** A dance fitness workout set to Latin & International rhythms. Try Salsa, Merengue, Cumbia & more! Perfect for dancers and non-dancers alike.

**Zumba Gold®:** All the fun of a Zumba class but at a slower pace so you can catch on to the moves. Get lost in the music and you won't even realise you have done a workout as well!

Click on the class you would like to book

For general community information, please contact [activestonnington@stonnington.vic.gov.au](mailto:activestonnington@stonnington.vic.gov.au)

For Harold Holt member enquiries, please contact [haroldholthealthclub@stonnington.vic.gov.au](mailto:haroldholthealthclub@stonnington.vic.gov.au)

Workout anytime with our  **ON DEMAND** videos via our YouTube channel