## Fitness Class Timetable

### Dry Fitness Classes

<table>
<thead>
<tr>
<th>Time</th>
<th>Mon</th>
<th>Tue</th>
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</thead>
<tbody>
<tr>
<td>6.15am</td>
<td>Max Strength PR1</td>
<td>Max 45 PR2</td>
<td>Max Strength PR1</td>
<td>Max 45 PR2</td>
<td>Max Strength PR1</td>
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<tr>
<td></td>
<td>Strength PR1</td>
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<td>Strength PR1</td>
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<td>9am</td>
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<td></td>
<td>Zumba® PR2</td>
<td>Circuit PR 1</td>
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<tr>
<td>10am</td>
<td>Max 45 PR2</td>
<td>Max30 Boxing Beginners PR1</td>
<td>Max 45 PR1</td>
<td>Max30 Boxing Beginners PR1</td>
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<tr>
<td>6pm</td>
<td>Max 45 PR2</td>
<td>Max30 Boxing Beginners PR1</td>
<td>Max 45 PR1</td>
<td>Max30 Boxing Beginners PR1</td>
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<tr>
<td>6.30pm</td>
<td>Max Strength PR1</td>
<td>Max30 Boxing Int/Adv PR1</td>
<td>Max30 Boxing Int/Adv PR1</td>
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<tr>
<td>7pm</td>
<td>Zumba® Gold-Toning PR2</td>
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### Wellness Classes

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<tbody>
<tr>
<td>8am</td>
<td></td>
<td></td>
<td></td>
<td>Yoga PR2</td>
<td>(7.50am) Yoga PR2</td>
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<tr>
<td>9am</td>
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<td></td>
<td>Yoga (Inter) PR1</td>
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<tr>
<td>10.30am</td>
<td>Yoga PR2</td>
<td>Yoga PR2</td>
<td>Yoga PR2</td>
<td>Yoga PR2</td>
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<tr>
<td>11am</td>
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<td></td>
<td></td>
<td>Yoga PR2</td>
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<tr>
<td>5.30pm</td>
<td>Yoga PR2</td>
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<td></td>
<td>Vinyasa Flow PR2</td>
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<tr>
<td>6.30pm</td>
<td>Yoga PR2</td>
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<tr>
<td>7pm</td>
<td>Pilates Int/Adv PR2</td>
<td>Pilates Beg/Int PR2</td>
<td>Yoga PR1</td>
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<tr>
<td>8pm</td>
<td>Yoga PR2</td>
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<td></td>
<td>Pilates Beg/Int PR2</td>
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New class Boxing Saturday 10am 50 minute session
New class Vinyasa Flow 5.30pm Friday 4 week trial from 31/5

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**Harold Holt Swim Centre**

Centre Opening Hours:
- Mon to Thurs: 5.45am – 9pm
- Friday/6pm
- Saturday: 6am – 7pm
- Sunday: 7am – 7pm
Aquatic Fitness Classes

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<tr>
<td>7.30pm</td>
<td>Aqua Zumba® 25m</td>
<td>AQUA 25m</td>
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Mini Gym Sessions (Gym members only)

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<tbody>
<tr>
<td>6am – 9am</td>
<td>6.15am</td>
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<td>6.15am</td>
<td>6.15am</td>
<td>6.30am</td>
<td>9am</td>
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<tr>
<td>9am – 12pm</td>
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<td>9.15am</td>
<td>9.15am</td>
<td>11am</td>
<td>9.15am</td>
<td>11am</td>
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<tr>
<td>2pm – 5pm</td>
<td>3.30pm</td>
<td>4pm</td>
<td>3.30pm</td>
<td>3.30pm</td>
<td>4.30pm</td>
<td>2pm</td>
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<tr>
<td>5pm – 7pm</td>
<td>6.30pm</td>
<td>7pm</td>
<td>6.15pm</td>
<td>5.45pm</td>
<td>6pm</td>
<td>5pm</td>
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Participants please note:
- Please consult your medical practitioner for a health assessment prior to commencing any new fitness program.
- Prior to commencing a class, please inform the instructor of any injury or physical condition (including pregnancy).
- This timetable is subject to change. Please refer to signage at the Centre for current information.
- On public holidays and over the summer holiday period the timetable is modified, with a reduced number of classes.
- Classes with a low attendance may be ‘red flagged’. If attendances remain low for a period of 4 weeks, a class may be cancelled.
- For safety reasons, participants may not enter a class more than 5 minutes after the scheduled class start time.
- All classes are 50 minutes in duration to allow for change over (except for classes noted otherwise).
- Participants must be 13 years of age or older to attend a fitness class, however must be 16 years or older to participate in a Boxing Circuit class, due the nature of the activities performed. (Casual participants must be aged at least 14 years to do a fitness class, or 16 years for Boxing Circuit.)
- For your own comfort, please bring a towel and water bottle with you. Water fountains are available.
Harold Holt Swim Centre

Centre Opening Hours:
- Mon to Thurs: 5.45am – 9pm
- Friday: 5.45am – 8pm
- Saturday: 6am – 7pm
- Sunday: 7am – 7pm

Fitness Class Descriptions

Dry Fitness Classes

MAX CLASSES
Want maximum results in minimum time?
Then MAX is for you!
- MAX30 Boxing
- MAX Strength
- MAX 45
- Max Combo

MAX30 BOXING (Beg or Int/Adv, 30 mins)
Improve your fitness, coordination and confidence with Max30 boxing. Learn the boxing basics in Max30 Beg, and when you are ready to take it up a notch try Int/Adv. with more challenging combinations using pads, bags and speed balls. Gloves and pads supplied or BYO.

MAX45 (45 mins)
If it is MAX results in minimal time you are after then HIIT it!! This metabolism boosting High Intensity Interval Training session will maximise calorie burn, furnace fat, increase cardiovascular capacity and improve muscle tone.

MAX Strength (45 mins)
Increase functional and core strength and improve muscle tone using a combination of bars, dumbbells, kettlebells and bodyweight exercises.

MAX Combo (60 mins)
MAX out with our Combo class with the lot! Come prepared for this HIIT and MAX Strength hybrid session to provide you with an all over cardiovascular and strength building calorie burning blast!

CIRCUIT (45 mins)
A motivating workout with a mix of cardio, strength and core exercises on a wide variety of equipment, in a station-to-station format. You work as hard or easy as you like, depending on your fitness level.

STRENGTH
A weight training session incorporating isolation (single muscles) and compound (muscle groups) exercises to enhance functional strength and body tone.

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

ZUMBA® Gold-Toning
A low-impact version of Zumba combining dance fitness with resistance training. Uses light maraca-like hand weights for a fun workout set to the musical rhythms Zumba is famous for.

Aquatic Fitness Classes

AQUA (25m pool)
Turn a ripple to a wave in Aqua! Water resistance provides the perfect medium for you to choose your own pace from low impact to high intensity. Cardio and strength exercises are incorporated to provide a sensational fat burning and muscle toning session, minus the impact.

AQUA ZUMBA® (25m pool)
Aqua Zumba® is one pool party you shouldn’t miss!! Make a splash with this low impact, high energy aqua class. Who knew getting fit could be this much fun?

SWIMFIT60 (50m pool)
A 60 minute lap swimming class incorporating a variety of drills, with a focus on improving stroke technique and building CV endurance.

Wellness Classes

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

YOGA (HATHA)
An ancient process to enhance body and mind. You’ll learn the main postures (asanas), flexibility, basic breathing techniques (pranayama) and relaxation.

YOGA (HATHA) Intermediate (Inter)
Builds on the general level class work. Further develops flexibility and includes more challenging postures.

VINYASA FLOW
An ancient process to enhance body and mind. You’ll learn the main postures (asanas), flexibility, basic breathing techniques (pranayama) and relaxation

MINI GYM SESSIONS – 20 minutes (Gym members only)
SMALL GROUP TRAINING
Incorporate a small group session into your regular gym workout and receive fresh ideas and inspiration towards your fitness goals. Sessions will vary based on individual requirements.