



HIDDEN VALLEY RESORT

### Group Fitness Timetable - Updated 15 July 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	<b>P90X Strength</b> Renee		<b>HIIT Step</b> Renee		<b>Strength Class</b> Renee		
8:00am						<b>Indoor Bootcamp</b> Renee	
9:30am		<b>HIIT Step</b> Renee		<b>HIIT Step</b> Renee			
10:00am			<b>Strength Class</b> Renee		<b>Aqua 55+</b> Tatiana		
10:30am		<b>Beginners Strength</b> Dee		<b>Zumba Gold</b> Eleonora			
11:00am					<b>Aqua 55+</b> Tatiana		
1:00pm	<b>Aqua 55+</b> Tatiana	<b>La Dimora Residents</b>	<b>Aqua 55+</b> Tatiana	<b>La Dimora Residents</b>			
2:00pm		<b>La Dimora Residents</b>		<b>La Dimora Residents</b>			
6:00pm	<b>Aqua Active</b> Tatiana						
6:30pm	<b>HIIT Step</b> Renee	<b>Mat Pilates</b> Tatiana		<b>Core Flex Pilates</b> Tatiana <b>Strength Class</b> Renee			
7:00pm			<b>Aqua Active</b> Tatiana				
7:15pm		<b>Meta Power</b> Renee					

**PRICING & BOOKINGS:**

**Members:** \$10 per class or **Visitors:** \$15 per class.

45-minute classes - Maximum of 14 participants per class. To guarantee your place, please book classes in advance with the Sports Hub (03)4701 0088. Please check-in at the Sports Hub 5 minutes before classes. Participants must hand over a valid ticket to the Class Instructor prior to commencement of all classes.

## **AQUA AEROBICS**

Classes are useful for the whole body. Aqua Aerobics improves overall well-being and helps to strengthen the cardiovascular and musculoskeletal systems, develop endurance, correct posture, facilitates balance and improved sleep, and assists with managing some ailments including back pain, muscles, and joints.

## **CORE FLEX PILATES**

Is a strengthening and lengthening form of exercises that focus on your core muscles. Breathing control is a part of all movements. You'll strengthen your entire body and leave the class feeling calm and happy.

## **HIIT STEP**

A 30-minute high-intensity interval training (HIIT) workout that uses a step and dynamic bodyweight exercises. It has been designed to improve power, increase strength, and burn hundreds of calories. The HIIT STEP workout contains voice over music tracks and pre-designed training sessions to deliver inspirational and motivational workouts.

## **MAT PILATES**

A safe, effective low-impact exercise that focuses on muscle balance, improves strength, aligns body & brings greater mobility. Pilates fine tunes movement patterns & strengthens the deep muscles of your core. Overall toning, building lean muscles without bulk. Pilates develops a deep connection to your breathing, body & mind.

## **METAFIT**

A 30-minute, bodyweight-only, non-choreographed, high-intensity interval training (HIIT) workout. The program was created over a decade ago by a Royal Marine Commando in a bid to make HIIT more efficient and effective. Metafit aims to stick to true HIIT principles without venturing too far outside the high-intensity interval scope. Metafit combines the latest HIIT training techniques with traditional 'old school' bodyweight exercises to set the metabolism on fire!

## **METAPWR**

A 30-minute circuit class that is designed to develop strength and improve bone density through the use of specially selected equipment and to tone muscle, increase metabolic rate and burn fat through plyometric and non-plyometric bodyweight exercises.

## **ZUMBA GOLD®**

Perfect for beginners, active older adults and anyone looking for a modified Zumba® class that recreates the original moves at a lower intensity. The class introduces easy-to-follow Zumba® choreography that focuses on range of motion, coordination, and all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance!