

Stanmore Bay Pool and Leisure Centre group fitness timetable

Group Fitness: Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5.45am	GRIT™ STRENGTH		BODYPUMP®30			8.45am	GRIT™ STRENGTH
6.15am			CXWORX™			9.15am	BODYPUMP®
8.30am			GENTLE FIT*		GENTLE FIT*	10.15am	BODYBALANCE®
9.15am	TONE®45	BODYCOMBAT®	BODYPUMP®	IYENGAR YOGA	BODYCOMBAT®		
10.15am	BODYPUMP®	BODYBALANCE®	TONE®45		BODYPUMP®		
10.30am				BODYBALANCE®			
11.15am			IYENGAR YOGA			Time	Sunday
1.30pm	NEVER 2 OLD*		NEVER 2 OLD*		NEVER 2 OLD*	8.15am	BODYPUMP®
5.15pm			YIN YOGA			9.45am	BODYBALANCE®
5.30pm				BODYPUMP®45		11am	YIN YOGA
5.45pm	BODYCOMBAT®45	BODYPUMP®45					
6.15pm				CXWORX™			
6.30pm			GRIT™ STRENGTH				
6.45pm	BODYPUMP®	BODYBALANCE®		BODYBALANCE®			

Group Fitness: Studio 2 / Other

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5.45am					BOOTCAMP (stadium)
9.15am		YIN YOGA		BOOTCAMP (stadium)	
10.15am	YIN YOGA				
10.15am	SUPER CIRCUIT (fitness gym)		SUPER CIRCUIT (fitness gym)		SUPER CIRCUIT (fitness gym)
5.45pm					IYENGAR YOGA

Cycle Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5.45am		RPM®		RPM®		8.30am	RPM®
9.15am	RPM®		RPM®	RPM®	RPM®		
5.45pm	RPM®						
6.30pm		RPM®	RPM®				

Aqua

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.30am		AQUA SHALLOW	AQUA SHALLOW		AQUA SHALLOW
9.15am	AQUA SHALLOW	AQUA DEEP	AQUA DEEP	AQUA RUN	AQUA DEEP
6.30pm	HYDRO SPORT				



CLASS DESCRIPTIONS

BOOTCAMP (45mins)

A fusion of strength and cardio exercises with military style training and basic fitness drills to drive your fitness forward. Meet in the stadium - this class is kept fresh by changing locations - from the gym to the stadium and even outdoors. All fitness levels welcome.

GENTLE FIT* (45mins)

Rehab friendly classes. Low impact activity for strength and balance, posture and coordination to help build fitness gradually in a friendly and supportive group.

IYENGAR YOGA (60mins)

Emphasis on detail, precision and alignment in the practice of posture and breath control. Gentle exercise classes.

LES MILLS BODYBALANCE® (55mins)

The yoga, tai chi, pilates workout that builds flexibility and strength, and leaves you feeling centred and calm.

LES MILLS BODYCOMBAT® (45 or 55mins)

The fiercely energetic martial arts workout where you are totally unleashed and empowered. Mid-length and full-length classes.

LES MILLS BODYPUMP® (30, 45 or 55mins)

Challenge yourself with the original barbell workout that strengthens and tones your body. Express, mid-length and full-length classes.

LES MILLS CXWORX™ (30mins)

Short, sharp workout designed to strengthen your core. Ideal for tightening your tummy & butt and improving functional strength.

LES MILLS GRIT® STRENGTH (30mins)

Using the Les Mills SMARTBAR™, weight plates and the bench, LES MILLS GRIT® Strength is an intense 30-minute team training session that will blast all major muscle groups and take your training to the next level.

LES MILLS RPM® (45 or 50mins)

The indoor cycling workout where you ride to the rhythm of powerful music to calorie-burning endorphin highs.

LES MILLS TONE® (45mins)

Features the optimal mix of strength, cardio and core training. A great cross-training class. Accommodates all fitness levels. Express or full-length classes.

NEVER2OLD* (60mins)

Exercise programme for mature adults. A fitness gym based programme developed by AUT which focuses on resistance, light cardio work, flexibility and balance.

SUPER CIRCUIT (45mins)

Held in the fitness gym, this is a class for time-strapped people who enjoy working out with others for a total body resistance workout. Limited spaces.

YIN YOGA (60mins)

A quiet and meditative practice with music featuring long-held floor poses to nourish connective tissue, joints and improve flexibility. Gentle exercise classes.

AQUAWORKS™ SHALLOW (45mins)

Rehab friendly/gentle exercise classes on Wednesdays and Fridays.

Challenge yourself to a total body workout and have fun! You control the intensity of your workout.

AQUAWORKS™ DEEP (45mins)

Cardio and muscle conditioning. Vertical workout with options to vary the intensity - fantastic for core strength. Buoyancy belts supplied.

AQUAWORKS™ HYDRO SPORT (45mins)

Taking water fitness back to basics with a cross-training focus. Running, boxing and circuit format will give you a challenging athletic workout.

AQUA RUN (45mins)

Pure running - no impact, interval work. Sports specific class, excellent cross-training. Buoyancy belts supplied.

Our gentle exercise programme classes offer options for everyone at a pace which suits you. Especially suitable for prehab, rehab, Green Prescription (GRx), cardiac and seniors.



*These classes meet the National Technical Advisory Group criteria for Strength and Balance programmes for older people.