

MONDAY

DAY	
8:00am - 8:30am	CORE BLAST Mezzanine
8:30am - 9:00am	REBOUNding Vikki - Studio 1
9:00am - 9:45am	AQUA AEROBICS Jackie - Pool
9:00am - 9:45am	BOXING CIRCUITS Perry - Mezzanine
9:15am - 10:00am	RHYTHM CYCLE Vikki - Studio 2
10:00am - 10:45am	ZUMBA Sarah - Studio 1
10:00am - 10:45am	FUNCTIONAL FITNESS Emily - TRX
10:30am - 11:30am	CARDIO TENNIS Michael - Court
10:45am - 11:30am	LBT SCULPT Emily - Studio 1
11:30am - 12:15pm	STRETCHING Emily - Studio 1
1:30pm - 2:15pm	60+ CIRCUIT Studio 1
EVENING	
6:00pm - 7:00pm	LBT AND STRETCH Jess - Studio 1
6:30pm - 7:15pm	PERFORMANCE CYCLE Silvia - Studio 2
6:45pm - 7:30pm	BOOTCAMP Tennis Court
7:15pm - 7:45pm	AQUA HIIT Jess - Pool

TUESDAY

DAY	
7:15am - 8:00am	MUSCLE BLITZ Vikki - Studio 1
8:00am - 8:45am	YOGALATES Vikki - Studio 1
8:30am - 9:00am	EXPRESS CORE Mezzanine
9:00am - 9:45am	PERFORMANCE CYCLE Sarah - Studio 2
9:00am - 9:45am	MUSCLE BLITZ Hailey - Studio 1
10:00am - 10:30am	REBOUNding Studio 1
10:00am - 10:45am	BOXERCISE Sarah - Mezzanine
10:30am - 11:30am	HATHA FLOW Lorna - Studio 1
11:30am - 12:30pm	PILATES Zannah - Studio 1
12:30pm - 1:00pm	NIDRA Zannah - Studio 1
1:30pm - 2:30pm	TAI CHI Glen - Studio 1
EVENING	
6:00pm - 6:45pm	FUNCTIONAL FITNESS TRX
6:15pm - 6:45pm	REBOUNding Studio 1
6:15pm - 7:00pm	RHYTHM CYCLE Victoria - Studio 2
6:45pm - 7:30pm	LBT SCULPT Studio 1
7:30pm - 8:00pm	STRETCH RELEASE Studio 1

WEDNESDAY

DAY	
7:30am - 8:00am	PERFORMANCE CYCLE Vikki Studio 2
8:30am - 9:15am	MUSCLE BLITZ Vikki - Studio 1
9:15am - 10:00am	HI/LO AEROBICS Vikki - Studio 1
9:15am - 10:00am	BOOTCAMP Tennis Court
9:15am - 10:15am	PILATES Zannah - Studio 2
10:15am - 11:00am	FUNCTIONAL FITNESS Nemanja - MEGA Rack
10:15am - 11:15am	PILATES Zannah - Studio 2
11:30am - 01:00pm	HATHA Zannah - Studio 1
EVENING	
6:00pm - 6:45pm	WOW Gym Floor
6:15pm - 7:00pm	AQUA AEROBICS Jess - Pool
6:30pm - 7:30pm	EQUIPMENT PILATES Lucy G - Studio 1
7:15pm - 8:00pm	PERFORMANCE CYCLE Jess - Studio 2
7:30pm - 8:30pm	HATHA Samantha - Studio 1

THURSDAY

DAY	
8:30am - 9:15am	PERFORMANCE CYCLE Silvia - Studio 2
8:30am - 9:15am	PILATES Vikki - Studio 1
9:00am - 9:45am	AQUA AEROBICS Jaqueline - Pool
9:15am - 10:00am	CIRCUITS MEGA Rack
9:30am - 10:00am	REBOUNding Vikki - Studio 1
10:00am - 10:45am	FULL BODY SCULPT Vikki - Studio 1
10:00am - 11:30am	HATHA Glen - Studio 2
11:30am - 12:30pm	PILATES Lucy G - Studio 1
12:30pm - 13:30pm	TAI CHI Glen - Studio 1
EVENING	
6:00pm - 6:30pm	HIIT Emily - Mezzanine
6:30pm - 7:30pm	KETTLEBELLS Nemanja - Mezzanine
6:30pm - 7:00pm	REBOUNding Stacie - Studio 1
7:00pm - 7:45pm	TOTAL BODY BLITZ Jess - Studio 1

FRIDAY

DAY	
8:00am - 8:45am	LBT Victoria - Studio 1
8:15am - 8:45am	CORE WORKOUT Vikki - Studio 2
9:00am - 9:45am	RHYTHM CYCLE Vikki - Studio 2
9:00am - 9:45am	AQUA AEROBICS Victoria - Pool
9:00am - 9:45am	MUSCLE BLITZ Hailey - Studio 1
9:15am - 9:45am	HIIT Mezzanine
9:45am - 10:15am	SUSPENSION TRAINING TRX
10:00am - 10:45am	PILATES Vikki - Studio 1
10:30am - 11:15am	PERFORMANCE CYCLE Studio 2
10:45am - 11:45am	HATHA FLOW Lorna - Studio 1
11:30am - 12:30pm	CARDIO TENNIS Michael - Court
EVENING	
6:00pm - 6:30pm	PERFORMANCE CYCLE Sarah - Studio 2
6:00pm - 7:00pm	PILATES Lucy G - Studio 1
6:45pm - 7:15pm	BOXERCISE TECHNIQUE Sarah - Mezzanine

SATURDAY

DAY	
9:30am - 10:30am	PILATES Lucy G - Studio 1
9:30am - 10:15am	CYCLE Studio 2
10:30am - 11:15am	TOTAL BODY BLITZ Victoria - Studio 1
10:30am - 11:15am	CIRCUITS Mezzanine
10:30am - 11:30am	HATHA Glen - Studio 2
EVENING	
5:00pm - 5:45pm	VIRTUAL CYCLE Studio 2

SUNDAY

DAY	
9:30am - 10:15am	PERFORMANCE CYCLE Sarah - Studio 2
9:30am - 10:00am	BOOTCAMP Tennis Court
10:30am - 11:15am	BOXERCISE Sarah - Mezzanine
10:30am - 11:30am	STRETCH RELEASE Studio 1
EVENING	
5:00pm - 5:45pm	VIRTUAL CYCLE Studio 2



CARDIO



TONING



WATER BASED




WELLBEING




DANCE BASED





CYCLING

 **ZUMBA**



Zumba is a Latin Inspired dance fitness class, designed to work your abdominals through various hip movements. Their motto is – ‘Party Yourself into Shape’.

 **HI/LO AEROBICS**


A choreographed aerobics class using old school moves. A hi/lo impact class that is fun, energetic and will be sure to get your body moving.

  **ZUMBA TONING**


This class is designed for blending body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You’ll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.

  **ZUMBA STRONG**


STRONG by Zumba® combines high intensity interval training with the science of Synced Music Motivation.

 **SWIMFIT**



This water based Bootcamp is geared to improve your fitness and strength in a new exciting way. The class will help with your technique as well as produce fun and challenging exercises.

 **AQUA AEROBICS**


A complete body workout using the waters resistance to enhance your strength. The reduces the impact of the movements so you can keep going.

 **AQUA HIIT**


Combining the principles of Aqua aerobics and HIIT Training, a complete body workout using the waters resistance to enhance your strength. The water reduces the impact of the movements so you can keep going.

  **REBOUNding**


Rebounding is a zero-impact exercise style that, put simply, is bouncing on a mini trampoline. Unlike regular trampolining, the aim isn’t to bounce high or perform gymnastic tricks, but to perform a series of small, controlled movements.

 **HIIT**



High-intensity interval training is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

 **CARDIO TENNIS**

Cardio Tennis is a fun, sociable group fitness class set on a tennis court and open to people of all ages and abilities. You will get to hit lots of tennis balls during your class and have a great cardio workout at the same time.

 **RUNNING TECHNIQUE**



Now that we are heading into the colder (and wetter) months, we will be bringing our Jog Squad inside. Using a series of excersises each week to help improve balance and agility, our technique classes look at how you currently run and how you can improve to gain speed and reduce injuries.

  **BOXERCISE**



A high intensity class involving basic boxing combinations. All together mixed in with fitness based exercises to keep the heart rate high! Don’t worry if you haven’t boxed before – it is quick and easy to pick up! If you have your own gloves/pads, please bring them with you.

  **BOOTCAMP**


Brand new to Elevation Health club, BOOTCAMP! This class is a mixture of body weight exercises and exercises using equipment such as slam balls, battle ropes and tyre’s. Working with interval and strength training this class will have you sweating a being pushed to your limit.

  **MUSCLE BLITZ**
(PUMP IT / TOTAL BODY WORKOUT / MUSCLE FUSION)


A body conditioning class using our Reebok free weights focusing on low weight and high repetitions to burn fat, gain strength and quickly produce lean body muscle conditioning.

  **WOW**


Incorporating our Gym Challenge into a full body workout that will challenge you, build stamina and increase your muscular endurance.

 **FULL BODY SCULPT (BODY CONDITIONING)**


A combination class with toning exercises included to help you achieve the result you want. Tone those muscles you didn’t even know you had during these class. Boost your metabolism and get set to burn body fat.

 **LBT SCULPT (LEGS, BUMS & TUMS)**


A combination class with toning exercises to target those three important areas. Boost your metabolism and get set to burn body fat.

 **KETTLEBELLS**


A full body conditioning class using our Kettlebells. You will perform ballistic exercises that combine cardiovascular, strength and flexibility training to burn calories fast.

 **FUNCTIONAL FITNESS**


Using a mixture of equipment such as our TRX bands and kettlebells, this class is designed to target the entire body using different methods of training.

 **CIRCUITS**



A mix of fun, intense cardio and resistance exercises designed to help shred fat and tone muscle.

 **SUSPENSION TRAINING**


Using the TRX bands, learn different exercises to tone your body using your own body weight as opposed to heavy weights.

 **EXPRESS CORE / CORE WORKOUT**


This challenging class looks to tone and condition all major muscles of the torso, especially the abdominal and back muscles.

  **PIYO**


PiYo isn’t like standard Pilates and yoga classes, PiYo speeds everything up—including your results—by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility.

 **NIDRA (YOGA NIDRA)**


Our instructor takes you through a beautifully designed Yoga Nidra for Sleep meditation. Her deeply calming voice penetrates into your very soul, instilling a sense of internal peace and leaving you feeling incredibly relaxed, present and rejuvenated.

 **EQUIPMENT PILATES**


This class aims to incorporate traditional Pilates exercises with different equipment such as Fitballs, foam rollers and resistance bands to enhance your core stability and balance.

 **PILATES**


Pilates is a conditioning class that helps activate the essential muscles around your core that are needed in everyday activities. These classes puts emphasis on spinal and pelvic alignment, breathing to relieve stress and aids in flexibility, coordination and balance.

 **HATHA/HATHA FLOW (YOGA)**


In contemporary times, the physical postures of yoga are used to alleviate health problems, reduce stress and make the spine supple. Feel relaxed and mobile after one of our great classes.

 **STRETCHING / STRETCH RELEASE**

These classes aim to relieve sore and tight muscles using different techniques, such as foam rolling or using the stretch bands, to give you the best all over stretch we can give you.

 **PERFORMANCE CYCLE**

Designed to enhance your endurance, Performance is a technical class which focuses on specific goals using our Spivi data system. If you’re looking to add strength to your cycling or you’re training for an event, this class will give you great bang for your buck. Your stats will be uploaded to your profile so you can track your progress.

 **RHYTHM CYCLE**

Designed to be a fun and energetic Indoor Cycling class. Combining the use of our Spivi data software and the beat to reach your fitness goals and improve your stamina, this class will have you sweating and wanting more.

	 CARDIO	 TONING	 WATER BASED	 WELLBEING	 DANCE BASED	 CYCLING
Classes per week	19	31	5	21	9	14