


# Group Fitness Timetable

GROUP FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		Spin 45	HIIT 45		F.I.T 45 Full body Intense Training	
8:00 AM	Viva		Viva		Viva	
9:15 AM	Pump	Punch 45	Step	Fit Ball 30	Dance Fit 45 Spin 45	Yoga
9:50 AM				TBT 30		
10:15 AM		Strength & Wellness	Strength & Tone 30	Strength & Wellness	Fusion	
10:30 AM	Pilates	Yoga				
10:45 AM			TBT 30			
3:30-5:00 PM	Teen Gym	Teen Gym	Teen Gym	Teen Gym	Teen Gym	
5:30 PM		Men's Group Dance Fit 30		Spin 45		
5:45 PM	Punch 45		Pump 45			
6:00 PM		Step 30				
6:30 pm	Yoga	TBT 30	Pilates 45	F.I.T 45 Full body Intense Training		

## GROUP FITNESS—CLASS DESCRIPTIONS

**TBT 30** A quick 30 minute class targeting your Tummy, Bums and Thighs.

**DANCE FIT 30 & 45** A cardio workout that will keep your body moving, while having fun and dancing to your favourite tunes.

**HIIT 45** Interval training requires 100% effort through quick intense burst of exercise followed by short recovery.

**PUNCH 45** A boxing style class using pads and mitts. This 30min express class will leave no time for rest.

**SPIN 45** Indoor cycle class to improve cardio fitness while you shape and tone your lower body.

**FIT BALL** Fun & challenging class for all your muscles & help strengthen your core.

**FUSION** Using light weights to moderate weights for the whole body combining yoga & pilates allow your body to gain flexibility & inner peace throughout.

**FULL BODY INTENSE TRAINING F.I.T** Want to get heart rate up with incorporation punches, kicks, weight and core activation

**PILATES** A full body core strengthening workout focusing from the inside out.

**PUMP** A mixture of weighted and bodyweight exercises to target your full body. Using a mixture of barbells, plates and dumbbells.

**STEP** A medium impact cardio fitness class using basic moves and combination on the step.

**STRENGTH & WELLNESS** Is a program designed to increase the range and quality of strength training for the over 50's

**TEEN GYM** Is a semi-supervised Gym session in the main Equipment areas.

## GROUP FITNESS—CLASS DESCRIPTIONS

**VIVA** Fun and games through a low impact class with the use of weights, stability & strength.

**YOGA** Helps develop strength, flexibility & openness through enhancing body awareness & relaxation.

### 24 HOUR ACCESS

#### STAFFED HOURS:

Monday	9:00am – 7:30pm
Tuesday	7:00am – 12 noon 3:00pm – 7:30pm
Wednesday	7:00am – 7:30pm
Thursday	8:30am – 12 noon 3:00pm – 7:30pm
Friday	7:00am – 12 noon 3:00pm – 7:00pm
Saturday	9:00am—12 noon
Public holidays	24 Hour access

#### KIDS CLUB:

*Monday- Friday 9:00am – 11:30am*

#### SERVICES AT VICTOR HARBOR

- 24 Hour Access
- Group X Studio (Group Fitness Room)
- Spin Room
- Kids club (creche)
- Personal Trainers
- Teen Gym
- Community Group Sessions

#### SPA CLUBS LOCATIONS

(full membership required to use all clubs)

\*McLaren Vale      \*Mt Compass

\*Noarlunga          \*Victor Harbor

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# Victor Harbor

## Timetable

### Tuesday 2<sup>nd</sup> October 2018



8-10 Philip Ave,  
Victor Harbor  
08 8552 9021

[mgrvh@spaclubs.com.au](mailto:mgrvh@spaclubs.com.au)  
[www.spaclubs.com.au](http://www.spaclubs.com.au)