



Track every workout
with ...



Staff Hours
Monday to Thur. 7.00am - 7.00pm
Friday 7.00am - 5.30pm
Saturday 7.30am - 11.30am
Sunday 8.00am - 10.30am
CASUALS WELCOME DURING STAFF TIMES

Child Minding Hours
MONDAY TO SATURDAY 8:50am to 11:20am
MONDAY TO THURSDAY 4pm to 6:20pm
MEMBERS CHILDREN ONLY!
YOUR CHILD'S STAY IS LIMITED TO ONE HOUR ONLY
**YOU MUST BOOK YOUR CHILD IN
ON THE DAY FOR EACH SESSION
VIA OUR FACEBOOK PAGE**

LOCAL SINCE 1984

APR-JUNE TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM	LESMILLS BODYPUMP 45	LESMILLS RPM EXPRESS 45 4T5 45	4T5 45	LESMILLS RPM EXPRESS 45	LESMILLS BODYPUMP 45		
7.00AM	BODYCOMBAT VIRTUAL 30	LESMILLS CORE 30	GRIT STRENGTH 30	LESMILLS CORE 30	LESMILLS BODYATTACK 30	4T5 45	
7.45AM	GRIT STRENGTH 30	LESMILLS BODYATTACK 30	BODYCOMBAT VIRTUAL 30	GRIT STRENGTH 30	BODYCOMBAT VIRTUAL 30	YOGA 75	
8.30AM	LESMILLS CORE 30	BODYCOMBAT VIRTUAL 30	LESMILLS CORE 30	BODYCOMBAT VIRTUAL 30	LESMILLS CORE 30		GRIT STRENGTH 30
9.00AM	LESMILLS RPM EXPRESS 45		LESMILLS RPM EXPRESS 45		LESMILLS RPM EXPRESS 30		
9.15AM	4T5 45	LESMILLS BODYPUMP 60	4T5 45	LESMILLS BODYPUMP 60	LESMILLS BODYSTEP 60	LESMILLS BODYPUMP 60	YOGA 60
10.15AM	LESMILLS BODYBALANCE 60	ACTIVE SENIORS 60	LESMILLS BODYBALANCE 60	YOGA 60	ACTIVE SENIORS 60	LESMILLS BODYBALANCE 60	
4.00PM	GRIT STRENGTH 30	LESMILLS CORE 30	GRIT STRENGTH 30	LESMILLS CORE 30	BODYCOMBAT VIRTUAL 30		
4.30PM	LESMILLS CORE 30	LESMILLS BODYATTACK 45	LESMILLS CORE 30	LESMILLS BODYATTACK 45	LESMILLS BODYPUMP 45		
5.30PM	LESMILLS BODYPUMP 60	LESMILLS BODYSTEP 60	LESMILLS BODYPUMP 60	LESMILLS BODYBALANCE 60			
6.30PM		YOGA 60					



- Group Fitness room capped at 35. First in best dressed. No bookings required.
- All RPM Classes are CAPPED AT 14. First in best dressed. No need to book.
- Please arrive early for classes to avoid disrupting a class in progress (Bodypump 10min early for set up).
- Classes cater for all levels of fitness, beginners to advanced.
- Les Mills Virtual workouts are audio-visual versions of the live Les Mills group fitness classes, played on a big screen through a pumping sound system with a range of strength training, flexibility and cardio workouts.

Timetable is subject to change.

"Live" with Instructor
 Virtual Class

4939 3898
www.yhfc.com.au
yhfc@bigpond.com

GROUP FITNESS CLASS DESCRIPTIONS

ACTIVE SENIORS

Specially designed for our senior members! A fully supervised class; begins with soft basic warm up, followed by weight bearing activity and warm down with stretches. Decrease the risk of osteoporosis.

YOGA

Get away from it all in this therapeutic class. Unwind your body and mind. Yoga involves control of the body and mind through posture & breathing techniques. The benefits include flexibility, strength and vitality. A great relaxation class.

LESMILLS BODYPUMP

This 60 minute workout challenges all your major muscle groups by using the best weight room exercises, such as squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results you came for – and fast!

LESMILLS BODYBALANCE

The perfect mix of Tai Chi, Yoga and Pilates with controlled breathing, concentrated moves and poses create a holistic workout that brings the whole body into a state of harmony and balance.

LESMILLS RPM EXPRESS

Moderate to high intensity indoor cycling, cardio class. Improves fitness and endurance. Burns the most calories of any fitness class.

LESMILLS BODYSTEP

Step based cardio workout at moderate to high intensity, improves agility and co-ordination, strength and endurance.

4T5

A 45 minute cardio, weight and core circuit that will test your fitness every time. Workout at your level, be the best athlete you can be.

LESMILLS GRIT STRENGTH

Is a 30 minute high intensity interval training workout that takes you in to overdrive to go hard, push harder and get fitter, super fast!

LESMILLS GRIT CARDIO

Grit Cardio is a 30 minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

LESMILLS CORE

A 30 minute core training workout which uses your body weight, resistance tubing and weights to tighten and tone your midsection. Exercises are designed to improve your functional strength for better mobility and injury prevention.

LESMILLS BODYATTACK

Body Attack is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

BODYCOMBAT VIRTUAL

Is a martial arts inspired workout that will get you fighting fit. BODYCOMBAT is available in 30 and 55 minute formats.