



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

Legend
 (L) "Live" with Instructor
 (▶) Virtual Class

Staffed Gym Times
 Monday to Thur. 7.00am – 8.00pm
 Friday 7.00am – 7.00pm
 Saturday 7.00am – 12.00pm
 Sunday 8.00am – 11.00am
 CASUALS WELCOME
 from 7.00am

Child Minding Hours
 MONDAY TO SATURDAY 8.30am to 11.30am
 MONDAY TO FRIDAY 4.15pm to 6.30pm
 MEMBERS CHILDREN ONLY!
 YOUR CHILDS STAY IS LIMITED TO ONE HOUR ONLY

JAN - FEB - MAR 2018 TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM	(L) LESMILLS BODYPUMP 45	(L) LESMILLS GRIT STRENGTH RPM EXPRESS 30	(L) 4T5 45	(L) LESMILLS GRIT STRENGTH 30	(L) LESMILLS BODYPUMP 45	(L) 4T5 45	
6.30AM		(▶) CXWORK VIRTUAL 30		(▶) CXWORK VIRTUAL 30			
7.45AM	(▶) LESMILLS GRIT STRENGTH 30	(▶) LESMILLS GRIT PLYO 30	(▶) BODYCOMBAT VIRTUAL 30	(▶) LESMILLS GRIT CARDIO 30	(▶) BODYCOMBAT VIRTUAL 30	(▶) CXWORK VIRTUAL 30	
8.30AM	(▶) CXWORK VIRTUAL 30	(▶) BODYCOMBAT VIRTUAL 30	(▶) CXWORK VIRTUAL 30	(▶) LESMILLS GRIT PLYO 30	(▶) CXWORK VIRTUAL 30	(▶) BODYCOMBAT VIRTUAL 30	(L) LESMILLS GRIT STRENGTH 30
9.00AM	(L) LESMILLS RPM EXPRESS 30		(L) LESMILLS RPM EXPRESS 30		(L) LESMILLS RPM EXPRESS 30	(L) LESMILLS RPM EXPRESS 30	
9.15AM	(L) 4T5 45	(L) LESMILLS BODYPUMP 60	(L) metafit. BODYWEIGHT TRAINING 30	(L) LESMILLS BODYPUMP 60	(L) LESMILLS BODYSTEP 60	(L) LESMILLS BODYPUMP 60	(L) YOGA 60
10.15AM	(L) LESMILLS BODYBALANCE 60	(L) ACTIVE SENIORS 60	(L) LESMILLS BODYBALANCE 60	(L) YOGA 60	(L) ACTIVE SENIORS 60	(L) LESMILLS BODYBALANCE 60	
11.35AM	(▶) LESMILLS GRIT CARDIO 30	(▶) CXWORK VIRTUAL 30	(▶) BODYPUMP VIRTUAL 30	(▶) LESMILLS GRIT CARDIO 30	(▶) CXWORK VIRTUAL 30		
3.45PM	(▶) CXWORK VIRTUAL 30	(▶) LESMILLS GRIT PLYO 30	(▶) CXWORK VIRTUAL 30	(▶) CXWORK VIRTUAL 30	(▶) BODYCOMBAT VIRTUAL 30		
4.30PM	(▶) LESMILLS GRIT STRENGTH 30	(L) metafit. BODYWEIGHT TRAINING 30	(▶) LESMILLS BODYCOMBAT 50	(▶) LESMILLS GRIT CARDIO 30	(▶) LESMILLS BODYPUMP 60		
5.30PM	(L) LESMILLS BODYPUMP 60	(L) LESMILLS BODYSTEP 60	(L) LESMILLS BODYPUMP 60	(L) LESMILLS BODYBALANCE 60			
5.45PM					(▶) SH'BAM VIRTUAL 45		
6.30PM	(L) LESMILLS BODYBALANCE 60	(L) YOGA 60	6.45PM (▶) LESMILLS GRIT PLYO 30	(▶) CXWORK VIRTUAL 30			

- All RPM Classes are first in best dressed. No need to book.
- Please arrive early for classes to avoid disrupting a class in progress (Bodypump and Grit 10min early for set up).
- 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.
- Classes cater for all levels of fitness, beginners to advanced.

Timetable is subject to change.

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.

LES MILLS 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!

LES MILLS 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.

LES MILLS RPM EXPRESS

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

LES MILLS BODYSTEP

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

4AT5

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.

GRIT STRONGER

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!

GRIT CARDIO

Grit Caardio 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.

GRIT PLYO

Grit Plyo is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body. Grit Plyo takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.

metafit

A group workout effective and simple for fitness professionals looking for the workout that gets big results. To burn fat you need to change the resting metabolism, work big muscle groups with simple un choreographed, high intensity intervals and get quick results.

CXWORX VIRTUAL

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.

SH'BAM VIRTUAL

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free-zone – no dance experience required. Absolutely anyone of any age or fitness level can SH'BAM. This is a series of simple yet sassy dance moves, all set to a party playlist.

BODYBALANCE VIRTUAL

Is a Yoga, Tai chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. BODYBALANCE is available in 30 and 55 minute formats.

BODYPUMP VIRTUAL

Will give you a full body workout using light to moderate weights with lots of repetitions. BODYPUMP is available in 30 and 55 minute formats.

BODYCOMBAT VIRTUAL

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

OPTIONS

If you are new to a live class, introduce yourself to the instructor for the best options and tips to suit your level of fitness.

PLEASE NOTE

There will be a 5 minute on-screen introduction before all virtual classes about class set-up and tips.