



**Staffed Gym Times**  
Monday to Thur. . . . . 7.00am – 7.30pm  
Friday . . . . . 7.00am – 6.30pm  
Saturday . . . . . 7.00am – 11.30am  
Sunday . . . . . 8.00am – 10.30am  
**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**

# OCT-NOV-DEC 2018 TIMETABLE

|         | MONDAY                        | TUESDAY                     | WEDNESDAY                   | THURSDAY                                     | FRIDAY                      | SATURDAY                    | SUNDAY                        |
|---------|-------------------------------|-----------------------------|-----------------------------|--|-----------------------------|-----------------------------|-------------------------------|
| 5.45AM  | (L) LESMILLS BODYPUMP 45      | (L) LESMILLS RPM EXPRESS 30 | (L) 4T5 45                  | (L) LESMILLS RPM EXPRESS 30<br>(L) BOXFIT 45 | (L) LESMILLS BODYPUMP 45    | (L) 4T5 45                  |                               |
| 6.15AM  | (L) LESMILLS GRIT CARDIO 30   | (L) BOXFIT 45               | (L) LESMILLS GRIT CARDIO 30 | (L) CKWORX VIRTUAL 30                        | (L) LESMILLS GRIT CARDIO 30 |                             |                               |
| 7.00AM  | (L) LESMILLS GRIT CARDIO 30   | (L) CKWORX VIRTUAL 30       | (L) LESMILLS GRIT CARDIO 30 | (L) CKWORX VIRTUAL 30                        | (L) LESMILLS GRIT CARDIO 30 |                             |                               |
| 7.45AM  | (L) BODYPUMP VIRTUAL 30       | (L) LESMILLS GRIT CARDIO 30 | (L) BODYCOMBAT VIRTUAL 30   | (L) ACTIVE SENIORS 40                        | (L) BODYCOMBAT VIRTUAL 30   | (L) CKWORX VIRTUAL 30       |                               |
| 8.30AM  | (L) CKWORX VIRTUAL 30         | (L) BODYCOMBAT VIRTUAL 30   | (L) CKWORX VIRTUAL 30       | (L) BODYCOMBAT VIRTUAL 30                    | (L) CKWORX VIRTUAL 30       | 8.15AM (L) BOXFIT 45        | (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) 4T5 45                  | (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 |                               |
| 11.45AM | (L) BODYPUMP VIRTUAL 30       | (L) CKWORX VIRTUAL 30       | (L) BODYPUMP VIRTUAL 30     | (L) LESMILLS GRIT CARDIO 30                  | (L) CKWORX VIRTUAL 30       |                             |                               |
| 3.45PM  | (L) CKWORX VIRTUAL 30         | (L) LESMILLS GRIT PLYO 30   | (L) CKWORX VIRTUAL 30       | (L) CKWORX VIRTUAL 30                        | (L) BODYCOMBAT VIRTUAL 30   |                             |                               |
| 4.30PM  | (L) LESMILLS GRIT STRENGTH 30 | (L) BODYCOMBAT VIRTUAL 30   | (L) LESMILLS BODYCOMBAT 50  | (L) LESMILLS GRIT CARDIO 30                  | (L) LESMILLS BODYPUMP 45    |                             |                               |
| 5.30PM  | (L) LESMILLS BODYPUMP 60      | (L) LESMILLS BODYSTEP 60    | (L) LESMILLS BODYPUMP 60    | (L) LESMILLS BODYBALANCE 60                  | (L) SH'BAM VIRTUAL 45       |                             |                               |
| 6.30PM  | (L) LESMILLS BODYBALANCE 60   | (L) YOGA 60                 | (L) YOGA FIT 60             | (L) LESMILLS BODYCOMBAT 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).
- 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.

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

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# 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.



## YOGAFIT

A vigorous fitness and strength based approach to Vinyasa style yoga. Using flow, this class incorporates athleticism with emphasis on strength and flexibility. It will also enhance your stamina, posture and mental focus. ॐ



## 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.



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 CARDIO

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 PLYO

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.



## 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.



## CXWORX VIRTUALFIT

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 VIRTUALFIT

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.



## BOXFIT

A fun way to get you moving. A mixture of Cardio Fitness Boxing. Focusing on improving your Boxing Technique along with your overall Fitness. Get your punch on. ॐ



## STRENGTH TRAIN

Strength and technique orientated session. Quality not quantity aimed at building strength developing technique to improve your own training.



## 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.