

Wulanda SGT (Small Group Training)

Current Timetable - valid from 15 January 2024

Level 1 Gym Floor

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM		Strength (45)	Resistance (45)	Speed (45)			
11:30AM	Active Adults** (45) <i>Instructor guided Small Group Session in Gym for 50+ age group</i>						
12:30PM	Cardio Blast (45)	Strength (45)	Resistance (45)	Speed (45)	Functional Fit (45)		
4:00PM	Teen Gym* (120) <i>Instructor guided programming and workouts</i>						
6:00PM	Cardio Blast (45)	Strength (45)	Resistance (45)	Speed (45)			

*Teen Gym hours are specific times where 13-16 year old members can attend without direct parent supervision. Please note we advise and recommend all TEEN members to have a BEGIN session prior to taking part in any exercise programs. A Fitness Professional may not always be present on the gym floor during this time.

**Active Adults is our Senior based program and is run both on the Gym Floor or in the Studio depending on numbers attending each session.

***All Small Group Training (SGT) sessions may vary and will be led by one of our team of Health Club Coaches. See Class Guide description for more information on specific classes and their benefits. SGT - Group Sessions ran on the Gym Floor with a Fitness Professional. (Max 6 per group)

Wulanda Group Fitness Classes

Current Timetable - valid from 15 January 2024

Level 1 Program Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15AM	BOXFIT (45)				Boot Camp (45) <i>Court 4</i>		
7:15AM		Spin (45)		Power Circuit (45)			
9:00AM		Core & More (30) Stretch & Flex (30)		Spin (45)	YOGA (60)	LES MILLS BODY JAM (45)	
10:00AM	Mum and Bub (60) <i>Court 4</i>		Beyond Barriers (30)			LES MILLS Body Balance (60)	
11:30AM					Mature Movers (45) <i>Active Adults</i>		
5:15PM		LES MILLS BODY PUMP(45)	Power Circuit (45)	LES MILLS BODY PUMP(45)			
5:30PM	LES MILLS BODY JAM (30)						
6:15PM	LES MILLS Body Balance (60)	YOGA (60)	BOXFIT (45)	Freestyle (45)			

*See Class Guide description for more information on specific classes and their benefits.

Aqua Aerobics Classes

Current Timetable - valid from 15 January 2024

Aquatics Hall

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00AM	Aqua Aerobics <i>Warm Water Pool (45)</i>		Aqua HIIT <i>Warm Water Pool (45)</i>		Aqua Aerobics <i>Warm Water Pool (45)</i>		
10:00AM					All Abilities Aqua <i>Warm Water Pool (45)</i>		
10:30AM		Aqua HIIT <i>25m Pool (45)</i>		Aqua HIIT <i>25m Pool (45)</i>			
11:30AM					Aqua Deep <i>25m Pool (45)</i>		
5:15PM	Aqua HIIT <i>Warm Water Pool (45)</i>	Aqua Yoga <i>Warm Water Pool (45)</i>	Aqua HIIT <i>Warm Water Pool (45)</i>	Aqua HIIT <i>Warm Water Pool (45)</i>			
6:15PM		Aqua HIIT <i>Warm Water Pool (45)</i>		Aqua Gentle <i>Warm Water Pool (45)</i>			

*See Class Guide description for more information on specific classes and their benefits.

Wulanda Group Fitness Classes

Class Guide for Members

Our group training and classes are suited to all levels of ability & fitness. Variations can be provided and you are encouraged to go at your pace. Our Fitness Professional team will guide you through each session so that you will both enjoy and experience the benefits of exercise.

Classes are 45mins and all contain a warm up and cool down.

To make it easier we have categorised the sessions into 4 groups
Cardio, Strength, Mind & Body and Specialist.

Cardio	Cardio based classes that will get your heart rate up and burn those calories.
Strength	Classes that focus on full body work outs, using weights or resistance. Designed to help strengthen your body and overall fitness.
Mind & Body	Classes that will focus on relaxation, flexibility and core strength.
Specialist	Programs designed for specialist groups such as Teens, Active Adults & Aqua Aerobics.

Full class descriptions are available for more info.

We recommend a balanced program, combining these types of classes.

Wulanda Group Fitness Classes

Class Descriptions

Gym Floor Based	Small Group Training (SGT) Programs on the Gym Floor to provide guidance to members	Time
Cardio Blast	Raise your heart rate through high rep and low weight interval programs lead by one of our trainers.	45min
Speed	A faster paced version of Cardio for those wanting a little more challenge.	45min
Strength	Focus on making you stronger. Weight based programs using free weights and machines.	45min
Resitance	Engage and use your muscles and own body weight with lower reps for an all over body workout.	45min
Active Adults	Our Programmed sessions dedicated to the 50+ age group. Focused on core strength and low impact movements.	45min
Teen-Fit	A dedicated session for our Teen Gym Members to train with support and guidance from a Trainer.	120min

Wulanda Group Fitness Classes

Aqua Class Discription

	Pool Based Classes	Time
Aqua HIIT	Aqua HIIT is a high tensity interval workout, this fast pace class keeps you moving with minimal rest.	45min
Aqua Aerobics	Aqua aerobics is a cardiovascular workout, that slowly increase intensity to get your heart rate up. With variations of every exercise you can either go for a more intense or slower worker out.	45min
Aqua Deep	Aqua deep is an intense cardio workout performed in the 25m pool. The program is designed for those wanting a harder workout the stress on your joints.	45min
Aqua Gentle	Aqua gentle is a combination of HIIT and aerobics aqua on a slower pace. This allows the oppportunity for more resistance against the water. This is a great introduction class for members new to aqua.	45min
Aqua Yoga	Aqua yoga is a yoga practice including pranayama, asanas (poses) and meditation performed in the water. The natural buoyancy of the water supports the body to reduce pain, discomfort and stress on the joints. This low impact and gentle practice will improve range of motion, balance, and will lengthen and strengthen the muscles; creating ease and tranquility throughout the body.	45min
All Abilities Aqua <i>Beyond Barriers</i>	All abilities aqua is a fun and inclusive class designed specifically for those living with a disability. The small class allows room for the member to have a support worker or person in the pool with them.	45min

Wulanda Group Fitness Classes

Class Descriptions

	Group Classes held in our Level 1 Program Room unless stated otherwise in the description.	Time
Mature Movers	Our Programmed sessions dedicated to the 50+ age group. Focused on core strength and low impact movements	45min
Beyond Barriers	A class designed to improve the strength, balance, coordination and overall fitness of those with all different abilities. <i>Located on Court 2.</i>	30min
LES MILLS BODY JAM	A completely unique dance experience. Designed to Burn calories and boost your fitness whilst having fun.	30/45min
BOXFIT	Get the heart rate pumping as we move through a combination of Padwork, Cardio and Boxing Technique.	45min
SPIN	Hop on the Spin bike for a small Instructor lead Cardio workout! BURN up to 800 calories per class!	30/45min
Bootcamp	This intense workout is a full body cardio strength mix and will push you to achieve your goals. <i>Located on Court 4</i>	45min
Freestyle	Freestyle is instructors choice, could be anything from strength to cardio or both! Changing every session this class is designed for those that want more mix with their workouts.	45min
LES MILLS Body PUMP	The original Barbell class that strengthens and tones your entire body. Using light to moderate weight with high repetition training challenges small and large muscle groups while being motivated by modern and inspiring music.	45min
Power Circuit	Circuit Training at its best! Combining Strength, speed and cardio. Move around the stations for a workout with variety and challenge.	45min

Wulanda Group Fitness Classes

Class Descriptions

	Group Classes held in our Level 1 Program Room	Time
Core & More	Tighten, tone and strengthen your core muscles from every angle in this express abdominal blast!	30min
Stretch & Flex	Guided through a 30 minute stretch and flexibility class. Learn how to improve your recovery and flexibility.	30min
LES MILLS Body Balance	Yoga, Thai Chi and Pilates combined to build flexibility and strength. Connect breathe to inner strength to improve health and well being.	60min
YOGA	An holistic experience for the body and mind. Designed to help increase strength and flexibility, reduce stress and promote overall wellness.	60min
Mum & Bub	A personalised class for those wanting to improve their fitness and wellbeing during or post pregnancy. The class focuses on pelvic floor and core strength. The class is held next to the parenting room and creche.	60min