

Wulanda Group Fitness Timetable

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---|--|--|--|--|--------------------------------------|
| 6.05am | HIIT (45min) Level 1 Program Room | Strength (45min) Level 1 Program Room | Speed (45min) Level 1 Program Room | Resistance (45min) Level 1 Program Room | Functional Fit (45min) Level 1 Program Room | |
| 7.15am | Boxing (45min) Level 1 Program Room | Spin (45min) Level 1 Program Room | | Power Circuit (45min) Level 1 Program Room | Spin (45min) Level 1 Program Room | |
| 8.00AM | | | | | | HIIT (45min) Level 1 Program Room |
| 9.00am | Aqua Combat(45min) Warm Water Pool | Yoga (45 min) Youth Room | Aqua HIIT(45min) Warm Water Pool | | Aqua HIIT(45min) Warm Water Pool | YOGA (45min) Youth Room |
| 10.00am | | | Mindful Movement (45min) Level 1 Program Room | Aqua Resistance HIIT(45min) Warm Water Pool | | |
| 10.00am | | | | ZUMBA Level 1 Program Room | | |
| 10.30am | Aqua Deep(45min) 25m Pool | Aqua Aerobics(45min) 25m Pool | | | | |
| 11.30am | Active Adults (45min) Level 1 Program Room | Active Adults (45 min) Level 1 Gym | Active Adults (45min) Level 1 Program Room | Active Adults (45min) Level 1 Program Room | Aqua Deep(45min) 25m Pool | |
| 12.30pm | HIIT (45min) Level 1 Program Room | Strength (45min) Level 1 Gym | Speed (45min) Level 1 Program Room | Resistance (45min) Level 1 Program Room | Functional Fit (45min) Level 1 Program Room | |
| 4.00pm | Teen Gym (2hr session) Level 1 Gym | Teen Gym (2hr session) Level 1 Gym | Teen Gym (2hr session) Level 1 Gym | Teen Gym (2hr session) Level 1 Gym | Teen Gym (2hr session) Level 1 Gym | |
| 5.00pm | | | | | | |
| 5.30pm | LES MILLS BODY STEP (45min) Level 1 Program Room | LES MILLS BODY PUMP(45min) Level 1 Program Room | Freestyle (45min) Level 1 Program Room | ZUMBA Level 1 Program Room | | |
| | Aqua Combat(45min) Warm Water Pool | | Aqua Aerobics(45min) Warm Water Pool | Aqua Resistance HIIT(45min) Warm Water Pool | | |
| 6.00pm | HIIT (30min) Level 1 Gym | Strength (30min) Level 1 Gym | Speed (30min) Level 1 Gym | Resistance (30min) Level 1 Gym | Cardio/strength (30 min) Level 1 Gym | |
| 6.30pm | Boxing (45min) Level 1 Program Room | Aqua HIIT(45min) Warm Water Pool | Yoga (45 min) Youth Room | LES MILLS BODY PUMP(45min) Level 1 Program Room | | |
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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 own pace. Our fitness professional team will guide you through each session so that you will both enjoy and experience the benefits of exercise.

All classes include a warmup and cool down with the majority of the classes being 45-minute sessions unless stated otherwise.

GYM FLOOR PROGRAMS

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|--------------------------|---|
| Active Adults | Our programmed sessions dedicated to the 50+ age group. Focused on core strength and low impact movements. |
| Cardio HIIT - SGT | Raise your heart rate through high rep and low weight interval programs lead by one of our trainers. |
| Resistance - SGT | Engage and use your muscles and own body weight with lower reps for an all over body workout. |
| Speed - SGT | A faster paced version of Cardio for those wanting a little more challenge. |
| Strength - SGT | Focus on making you stronger. Weight based programs using free weights and machines. |
| Teen Gym | A dedicated session for our Teen Gym Members to train with support and guidance from a trainer. |

AQUATIC FITNESS PROGRAMS

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| Aqua Aerobics | Aqua aerobics is a cardiovascular workout, that slowly increases intensity to get your heart rate up. With variations of every exercise you can either go for a more intense or slower workout. |
| Aqua Combat | Aqua Combat combines boxing-inspired moves with the resistance of water to create a high-intensity workout that boosts cardiovascular fitness. |
| Aqua Deep | Aqua deep is an intense cardio workout performed in the 25m pool. The program is designed for those wanting a harder workout without the stress on your joints. |
| Aqua HIIT | Aqua HIIT is a high intensity interval workout, this fast pace class keeps you moving with minimal rest. |
| Aqua Resistance HIIT | A high energy water workout combining resistance equipment and short, intense intervals to boost strength, cardio fitness, and calorie burn while being easy on the joints. Perfect for all fitness levels with options to work at your own intensity. |

Wulanda Group Fitness Classes

Class Guide for Members

GROUP FITNESS PROGRAMS

| | |
|---------------------------------------|--|
| Boxing | Get the heart rate pumping as we move through a combination of pad-work, cardio and boxing technique. |
| ZUMBA | Zumba is a high-energy dance fitness program that combines Latin and international music with dance moves, creating a fun and effective workout experience. |
| Freestyle | An instructor-designed workout that changes each session, allowing movements and intensity to be tailored to the group. It blends cardio, strength, and functional training for a varied, engaging experience. |
| Yoga | An holistic experience for the body and mind. Designed to help increase strength and flexibility, reduce stress and promote overall wellness. |
| <i>LES MILLS</i> Body Pump | The original barbell class that strengthens and tones your entire body. Using light to moderate weight with high repetition, this training challenges small and large muscle groups while being motivated by modern and inspiring music. |
| <i>LES MILLS</i> Body Step | Expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combined with movements like push-ups and weight plate exercises, the result is a fun and uplifting full-body workout! |
| Mindful Movement | A slow class designed for those new to group fitness or exercises, with the same program for numerous weeks allowing members to work on exercises and understand correct form. |
| Power Circuit | Circuit Training at its best! Combining strength, speed and cardio. Move around the stations for a workout with variety and challenge. |
| Spin | Hop on the spin bike for a small Instructor lead Cardio workout! BURN up to 800 calories per class! |
| Strength & Conditioning | A class focused on the lifting technique and form. This class is designed for those wanting to improve their strength. |
| HIIT | HIIT is a high intensity interval workout, this fast pace class keeps you moving with minimal rest. |