

Class Descriptions (Classes cater for participants from beginner to advanced).

Aqua Arthritic

Conducted in the Hydrotherapy Pool this class is specially designed for the fragile or people that suffer any arthritic symptoms. A gentle workout in the warm soothing surrounds.

Aqua Hi-Low and Deep Water Aerobics

Aqua aerobic classes are designed to cater for all fitness levels and ages. It's a great cardiovascular and muscle toning class without the impact on our joints. You will improve core strength whilst strengthening all major muscle groups.

BodyCombat

This class offers a variety of options which allow you to work at your own level. BodyCombat combines elements of traditional martial arts including Tai Chi, Karate and Kick Boxing to give you a great, total body workout.

BodyBalance

A Yoga influenced, pre-choreographed exercise program set to uplifting music. Combination of free flowing moves. Focus is placed on improving strength, flexibility and relaxation.

BodyPump

A total body sculpting, high repetition, muscular endurance, fat burning, weight workout accompanied by highly motivating music.

BodyStep

This class will challenge the fittest member and is easy to follow for the beginner. Using a platform to step up and down, the combination of upper body and floor exercises will leave you feeling trimmed, toned and terrific!

Core Strength

Core Strength is an intensive 30 minute low impact class that aims to tone, improve balance and stability and promote good posture.

GRIT Strength

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

Les Mills TONE

If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE class and you'll tick off a complete workout. The mix of functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels.

Outdoor Functional Training (OFT)

OFT creates a healthy, well-conditioned body and is effective for individuals who need to improve balance, stability and neuromuscular coordination. Functional training also helps build inner strength, whilst improving endurance, range of motion and posture.

Over 60s Circuit

Over 60s Circuit is a class combining both resistance and high-intensity aerobic training. Easy to follow, Circuit targets strength building and muscular endurance. You can work at your own level.

Over 60s Group Fitness Classes

Enjoy a variety of fitness classes that target the over 60 age group and enable all participants to have a great workout in a friendly and comfortable environment.

Pilates

Improve your posture and strengthen the core muscles that help to stabilise your body. The class will also help you to improve your circulation, flexibility and muscle tone.

RPM

An awesome and powerful indoor cycling class which is fantastic for shaping and toning the lower body and will dramatically increase your fitness levels. The ride is totally controlled by you, via a resistance gauge.

SH'BAM

Featuring simple but seriously hot dance moves, it is the perfect way to shape up and let out your inner star— even if dance isn't your natural thing. You'll have so much fun you will forget that you are exercising.

Cardio Boxing - Boxing for Fitness

Boxing for fitness is a non-choreographed program that is easy to follow and suited to a variety of participants. The moves are low impact on joints but with high intensity. Great for overall fitness improvement, weight loss and sports specific training.

X-Press HIIT Boxing

High intensity interval training that also incorporates boxing. This 30 minute class will burn fat and improve your cardio!

Yoga

Hatha Yoga, a medium paced, holistic yoga class with emphasis on awareness, alignment and balance. Simple breathing techniques are included in the practice and the class finishes with a guided deep relaxation.

Autumn

Group Fitness Timetable

Effective Thursday 29 March 2018



Casual Group Fitness Class admission is \$15.40 and \$9.70 for an Over 60s Class.



GREATER
SHEPPARTON

One of the largest group fitness timetables in Victoria!

Aquamoves is proudly provided by Greater Shepparton City Council.



AQUAMOVES
LAKESIDE SHEPPARTON

Studio Two

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am	Body Pump	Cardio Boxing	Body Pump	Cardio Boxing	Body Pump		
9.15am	Body Pump	Body Step	Body Combat	Body Pump	GRIT Strength	9.00am Body Combat	9.30am Body Step
10.15am	Over 60s Circuit	NEW: Over 60s Les Mills TONE	Over 60s Body Pump	Body Balance	10.00am NEW: Over 60s Les Mills TONE	10.00am Body Pump	
11.15am	Over 60s Body Balance						
12.15pm		Body Pump		Yoga			
3.30pm						Body Pump	
5.30pm	Body Step	Body Combat	Body Pump	Body Pump	5.45pm X-Press HIIT Boxing		
6.30pm	Body Pump	Body Pump	SH'BAM				

Studio One

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.30am							Body Balance
11.15am			Pilates		Pilates	11.00 am Yoga	
5.30pm	GRIT Strength			Body Step			
6.00pm	NEW: Les Mills TONE		5.45pm NEW: Les Mills TONE				
6.30pm			GRIT Strength	Pilates			
7.30pm	Body Balance	Core Strength	Body Balance	Yoga			

Cycling Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15am	RPM	RPM	RPM	RPM	RPM	
7.30am						RPM
9.00am						RPM
9.15am			RPM		RPM	
10.15am	RPM					
12.15pm	RPM		RPM		RPM	
5.30pm		RPM		RPM	RPM	
6.00pm	Endurance RPM (1 hour class)		RPM			

Aqua Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6.15am		Deep Water Running		Deep Water Running		
9.00am	<i>Aqua Arthritic</i>	Deep Water Running	Aqua Hi-Lo	Aqua Hi-Lo	Deep Water Running	
9.30am			<i>Aqua Arthritic</i>			Aqua Hi-Lo
10.30am	<i>Aqua Arthritic</i>		<i>Aqua Arthritic</i>		<i>Yoga -Aqua Arthritic</i>	

Outdoor Classes

Time	Tuesday	Thursday
6.00pm	Outdoor Functional Training	Outdoor Functional Training

Circle indicates class is at risk of falling below the target attendances.

Flag indicates that the attendance for the class is well below the target attendance. This class may be at risk of change if the attendances do not increase.

Express 30 minute lunchtime class.

For the safety of our participants and to ensure classes are not disrupted, entry is not permitted after the warm up has been completed.