

PROGRAMMING AT AQUARENA

139-153 Williamsons Road, Doncaster. Ph: 03 9848 0000

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	Oceanauts (50 Metre Pool)		Oceanauts (50 Metre Pool)		Oceanauts (50 Metre Pool)		
6.15am		Precision	Boxfit	Bootcamp	Precision		
7.30am	Aqua Power (25m Pool)	Deep Water Training (Dive Pool)			Pryme Aqua (25m Pool)	Body Balance Aqua Power (25m Pool)	
8.00am						HIIT (30) Pryme Circuit	
8.30am	Aqua Power (25m Pool)	Aqua Power (25m Pool)	Aqua Power (25m Pool)	AquaCise (25m Pool)	Aqua Power (25m Pool)	AquaCise (25m Pool)	
8.30am		Aquanauts (50 Metre Pool)		Aquanauts (50 Metre Pool)		Core (25)	
9.00am						Body Pump Running Club (meet in foyer)	Pilates
9.00am						Precision + Adult Technique (50m Pool)	
9.15am	Body Balance	Pilates	Body Combat	Body Blast	Body Combat	AdrenalineHIT	
9.15am	Precision		AdrenalineHIT	Precision			
9.30am	Pryme Active	Pryme Core	Pryme Active	Pryme Core	Pryme Active		AquaCise (25m Pool)
9.30am	AquaCise (25m Pool)	AquaCise (25m Pool)	Deep Water Training (Dive Pool)	Aqua Power (25m Pool)	AquaCise (25m Pool)		
10.00am	Pryme Circuit		Pryme Circuit		Pryme Circuit	Body Attack Circuit	Body Combat
10.30am	Hydro* (Warm Pool)		Hydro* (Warm Pool)		AdrenalineHIT		
10.30am	Zumba +	Pryme Condition	Pryme Combo	Pryme Easy			
10.35am	HIIT	Body Pump	Body Pump	Body Balance	Zumba		
11.30am	Pryme Easy				Pryme Strength		Hatha Yoga +
12noon	Pilates	Hatha Yoga	Tai chi +	Body Pump	Hatha Yoga		
1.30pm	Pryme Aqua (25m Pool)	Pryme Aqua (25m Pool)	Hydro* (Warm Pool)	Pryme Aqua (25m Pool)	Hydro* (Warm Pool)		
1.30pm		Zumba Gold			Taichi		
2.00pm	Pryme Condition	Pryme Ironman	Pryme Condition	Pryme Ironman	Pryme Condition		4pm - Zumba
5.30pm	Body Pump	Body Attack	Body Balance	Body Pump			
5.30pm	All Abilities						
6.00pm	Precision		Precision		Yin Yoga with Meditation (90)		
6.30pm	Body Attack	Zumba	Body Pump	Zumba			
6.30pm	Pilates	VinyasaYoga	Bootcamp				
6.30pm	Oceanauts (50 Metre Pool)	AdrenalineHIT		AdrenalineHIT			
7.00pm	Deep Water Training (Dive Pool)		Aqua Power (25m Pool)				
7.00pm	Running Club (meet in foyer)		Running Club (meet in foyer)				
7.30pm	Pryme Circuit	Body Blast	Pryme Cardio Circuit	Vinyasa Yoga			
7.30pm	Boxfit		HIIT (30)				
8.00pm			CORE (25)				
Timetable Key							
							Gym Floor classes commencing Oct 30
							Outdoor classes commencing Oct 30
							Main Studio
							Hill View Studio (upstairs Pavillion)
							Pool View Studio (downstairs Pavillion)
							Water Classes (pool area described in class)
							Deep Water classes commencing Oct 30
							Pryme Multipass holders may access
							Hydro Classes* Additional Cost
OFFSITE CLASSES AVAILABLE FOR GOLD, GOLD DAY MEMBERS & PRYME MULTI VISIT PASS HOLDERS							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00am				Pryme Easy			
9.30am	Pryme Active Plus	Pryme Tap (Advanced)	Pryme Combo	Pryme Active Plus			
9.45am	Pryme Strength		Pryme Active				
10.15am		Pryme Tap (Beg/Int)					
10.30am	Pryme Fit		Pryme Easy	Pryme Easy			
Other		1pm Pryme Strength		11.30am Pryme Strength			
					Address Key		
					The Heimat Centre 125 George St, Doncaster East		
					Templestowe Leisure 1-3 Anderson St, Templestowe		
					Domeney Rec Centre Knees Rd, Park Orchards		

Effective from Monday 9 October to December 2017

BODY ATTACK 55mins

A high intensity sports-inspired cardio workout program for building strength and stamina to build your fitness.

BODY BALANCE ** 55mins

A Yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centred and calm.

BODY COMBAT 55mins

An empowering cardio workout that draws on Karate, boxing, Taekwondo, Tai Chi, and Muay Thai.

BOX FIT 55mins

A high intensity class consisting of boxing pad work, skipping, shadow boxing, cardio and resistance exercises. Participants are advised to bring their own gloves or inserts; however, gloves can be provided.

BODY PUMP ** 55mins

A barbell class that strengthens and tones your entire body to ensure you get results — fast. Body Pump challenges all of your major muscle groups by using strength exercises such as squats, presses, lifts and curls.

PILATES ** 55mins

Pilates will help improve posture, core strength and flexibility which is great for injury prevention.

PRECISION CYCLING 45mins

Indoor group cycling class held to music. A safe and effective class that is designed for all fitness levels and ages.

ZUMBA ** 55mins

Are you ready to party yourself into shape? Zumba classes feature exotic rhythms set to high-energy Latin and international music based on the principle that working out should be "FUN AND EASY TO DO."

CORE CONDITIONING 25mins

Targeting your mid-section with functional strength exercises, muscle toning and stability work.

BODY BLAST 55mins

This class incorporates body weight, hand weights, balance and athletic training exercises designed to increase core stability, muscular strength and cardiovascular endurance.

HIIT 30 mins

A high intensity interval full body workout alternating short periods of intense anaerobic and strength exercise with less intense recovery periods.

CIRCUIT 45mins

This class offers stations of cardio, strength and core designed to give you a full body workout using machines, free weights, bands, balls and floor work.

TAI CHI ** 60mins

If you're looking for a way to reduce stress, consider Tai Chi. A graceful form of exercise that promotes serenity through gentle, flowing movements.

ALL ABILITIES 55mins

This class is designed to provide opportunities for people living with disabilities to access physical exercise sessions. A qualified fitness instructor facilitates a wide variety of sports and activities, ensuring they are tailored to suit a variety of abilities and therefore every participant, regardless of their abilities. Parents, carers and helpers are required to provide support and assistance to people with severe or multiple limitations. People assisting the class are provided free entry.

YOGA ** 60mins / 75mins

Designed to enhance vitality and a sense of well-being, our Yoga classes use gentle movements to improve flexibility, balance, strength and posture.

VINYASA YOGA 60mins

Vinyasa Yoga is a dynamic, flowing Yoga with poses linked and each movement synchronised to a breath.

HATHA YOGA ** 75mins

Expect a gentle, slower paced class with some basic breathing exercises. Hatha Yoga is great to work on alignment and relaxation techniques.

YIN YOGA 90mins

Yin Yoga targets the connective tissues of the hips, pelvis, and lower spine with poses held for 3 to 5 minutes in order to stretch the connective tissue.

BOOTCAMP 60mins

An outdoor group training class designed to give you a full body workout without the gym. This is an opportunity to workout in a team environment that is supportive, educational, motivational and fun.

ADRENALINE 45mins

Adrenaline High Intensity Training (HIT) is a small group functional fitness program on the gym floor designed to improve strength and conditioning in a focused, fun and social environment.

PRYME ZUMBA GOLD ** 50mins

For participants who enjoy moving to Latin American music. Zumba is designed especially with easy to follow moves where you can relax and let yourself go.

PRYME ACTIVE ** 50mins

This class is for fit, active participants who wish to work on cardiovascular fitness. It incorporates low impact exercises with floor work and a relaxing cool down. Weights may be used in this class.

PRYME ACTIVE PLUS 50mins

If you want work hard at an aerobic class this is the one for you. It concentrates on cardiovascular fitness, strength training with hand held weights and core strength finishing off with a good cool down and stretch.

PRYME COMBO 50mins

Variety is the spice! Our instructor will choose two or three elements from low impact, step, resistance bands, weights, balls, abdominal exercises and stretching.

PRYME IRON MAN 50mins

Iron Man classes are designed specifically for men to work on strength training of the whole body. The classes are in the form of a circuit workout with weights and a variety of other equipment including a stretch cool down.

PRYME EASY ** 50mins

Designed for participants who do not wish to do floor work. Includes low impact exercises, chair based exercise with weights, flexibility and stretching work.

PRYME STRENGTH ** 50mins

Designed to strengthen the whole body with the use of weights and chairs. Weight work is ideal to assist in the prevention of osteoporosis.

PRYME CONDITIONING ** 50mins

This is a fun, group environment where you can work at your own pace around a variety of work stations and equipment choosing the resistance levels that best suit your own levels of fitness.

PRYME TAP ** 50mins

Tap classes cater for the beginner right through to the participant who has tapped before. A fun filled dance session.

PRYME CORE 50mins

Concentrates on building core strength, muscle control and stability in a relaxed environment.

PRYME CIRCUIT 45mins

A strength based class. Run in a circuit structure involving balance and core, along with different strength exercises on machines.

PRYME CARDIO CIRCUIT 50mins

This session is based around workstations using weights, resistance bands to improve cardiovascular fitness and strength.

PRYME FIT 50mins

Is a functional interval training class that provides you with functional movements to help you stay active and moving freely.

PRYME AQUA ** 45mins

This class is beneficial to participants experiencing joint pain and restricted movement. It also caters for those who want to increase their fitness with no impact through the use of aquatic dumbbells and noodles.

AQUA POWER 45mins

A more intense water based class using a variety of techniques and equipment including buoyancy dumbbells and deep water activities for strength and toning.

AQUACISE ** 45mins

A water based class using a variety of techniques and equipment including buoyancy dumbbells, deep water activities for general fitness.

DEEP WATER TRAINING 45mins

A challenging class using flotation belts and a deep water running component to send your heart racing.

AQUANAUTS 60mins

An adult squad for the competent swimmer. Participants should have the ability to swim 1km using 2 strokes.

OCEANAUTS 90mins

An adult squad designed for the athlete whose focus is fitness for open water swimming and triathlon events. Distance and endurance are the focus for these squad sessions and incorporate good feedback on technique and racing skills.

ADULT TECHNIQUE DEVELOPMENT 60mins

This class is designed to specifically help improve swimming efficiency in already competent swimmers.

Please ensure you inform your instructor BEFORE commencing a class of any injuries, concerns or pregnancies.

***Denotes class is suitable for pregnancy with guidance. Please consult your GP prior to commencing any exercise program once pregnant.*