

Level 1 - Suitable for beginners, seniors, pregnant & postnatal.

Level 2 - Low impact, low to moderate intensity classes.

Level 3 - High & low impact, moderate complexity & intensity

Level 4 - Requires a moderate to high level of fitness. High & low Impact moves which may be more complex

Level 5 - requires a high level of fitness. High intensity for regular trainers.

STARTERS : A 30 min Circuit based class to help you begin your fitness journey. A gentle introduction to exercise where you will learn correct technique and be advised on how to ease into your new exercise program. **Level 1**

STRETCH 30 :

lengthen muscles
correct breathing

LITE PACE: By
minute program
class types in
with our popular

AQUAFITNESS
resistance only
regulated intensity
splash with Aqua

EASY RIDER : A 30 min gentle introduction to indoor cycling to teach you correct cycling techniques & positioning so you can enjoy this great cardio workout. **Level 2**

X-TRAINER : A versatile 55 minute workout consisting of a combination of three class types to improve your cardiovascular fitness and muscle conditioning. The middle ground between intensity and comfort. **Level 3**

POWER HIIT & H₂O HIIT : These 30 min High Intensity Interval Training programs use alternating periods of short intense exercise with less intense recovery periods resulting in improved athletic conditioning, glucose metabolism & fat burning. **Level 4 H₂O HIIT is done in the pool. Level 3**

CIRCUIT XPRESS : Work at your own pace in this efficient 30 min total body circuit using cardio, core & resistance stations. **Level 3**

Les Mills Programs:

BODYPUMP™: This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like 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 Program. **Level 3**

BODYBALANCE™: A yoga based class, with elements of Tai Chi and Pilates, set to an inspiring soundtrack. Body Balance will strengthen your body and leave you feeling centred and

Autumn 2019
From Mon 15 April

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journey of total calorie destruction, while you ride the rhythm of powerful music. The perfect low impact workout, suitable for all levels of fitness, as the intensity is controlled totally by you, via a resistance gauge. Les Mills Program. **Level 4**

CXWORX™ : Based on cutting edge scientific research, this efficient but challenging 30 min workout will tighten & tone your core muscles & improve your functional strength for balance, mobility and injury prevention, so you can run faster, play harder, stand stronger! Les Mills Program. **Level 4**

SPRINT™: A 30 min bike workout built on the science of High Intensity Interval Training (HIIT). It's a quick & intense style of training that returns rapid results with minimal joint impact. SPRINT will challenge your physical & mental limits & burn calories for hours after stepping off the bike. For regular exercisers with a good base level of fitness. Les Mills Program. **Level 5**



106 Rankin St BATHURST P 02 6331 4344
www.cityfitbathurst.com.au

OPEN

Mon to Wed 5:30am-9:00pm
Thurs & Fri 5:30am - 8:00pm
Sat 8am-6pm, Sun 8am-1pm

Group Fitness Studio

	MON	TUE	WED	THU	FRI	SAT	SUN
6:15am	LES MILLS CXWORX	LES MILLS BODYBALANCE	LES MILLS BODYATTACK	LES MILLS BODYSTEP	LES MILLS BODYPUMP		
8:25am	STARTERS 30				STARTERS 30		
9:00am		POWER JUMP 30	LES MILLS	CIRCUIT VIDEO	LES MILLS	LES MILLS 7:30	LES MILLS



PLEASE REMEMBER

- Bring your gym towel to every class.
- Please collect a class tag from Reception for

not current re
direct to
www.d2f.fitness

12:30pm				LES MILLS sprint			
1:10pm							
5:00pm					LES MILLS sprint		
5:20pm		LES MILLS sprint	LES MILLS RPM 30				
6:00pm	LES MILLS RPM	LES MILLS RPM		LES MILLS RPM			

your Kids Club entry tag.

- Our Kids Club opening hours are:
Mon to Fri : 8:50am - 12:30pm
& 4:00pm - 7:00pm
(with a maximum stay of 2 hours)