

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 : A 30 min Pilates inspired Stretch program to lengthen muscles, increase core strength with an emphasis on correct breathing & exercise technique. **Level 1**

LITE PACE: By far Cityfit's most social class! An entry-level 45 minute program that will gently introduce you to a range of class types in one session. Leave time to chat and recharge with our popular, café quality coffee. **Level 2**

AQUAFITNESS & AQUA PLUS: Enjoy the constant support and resistance only water can offer. With minimal impact and self-regulated intensity this class is perfect for everyone. Make a splash with Aqua today! AQUA- **Level 2**. AQUA PLUS- **Level 3**

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 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 calm. **Level 3**

BODYSTEP™: The ultimate Step class using a height-adjustable step and simple movements on, over and around the step. A great way to increase fitness while toning the lower body. Les Mills Program. **Level 4**

BODYATTACK™: The sports-inspired cardio workout for building strength and stamina. This seriously high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Les Mills Program. **Level 4**

RPM™: An awesome studio cycling class that will take you on a 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**

Summer 2020
From Mon 6 January

Group Fitness Timetable



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 HIIT 30	LES MILLS CXWORX	CIRCUIT XPRESS	LES MILLS CXWORX	LES MILLS BODYPUMP (30)	LES MILLS BODYATTACK
9:30am	XTRAINER 55					POWER HIIT 30	
9:35am		LES MILLS BODYPUMP	LES MILLS BODYATTACK (30)	LES MILLS BODYPUMP	LITE PACE 45		
10:05am			LITE PACE 45				LES MILLS BODYBALANCE
10:30am	STRETCH 30		STRETCH 30	← 11:00	STRETCH 30		
10:35am		LES MILLS BODYBALANCE		LES MILLS BODYBALANCE			
1:10pm	LES MILLS BODYPUMP (45)	CIRCUIT XPRESS		LES MILLS CXWORX	POWER HIIT 30		
4:00pm						LES MILLS CXWORX	
4:30pm	LES MILLS BODYSTEP			LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	
5:00pm			POWER HIIT 30				<u>Key</u>
5:30pm	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYPUMP (30)	LES MILLS BODYBALANCE	LES MILLS CXWORX		(30) Express 30 mins
6:30pm	LES MILLS BODYPUMP	LES MILLS CXWORX	LES MILLS BODYBALANCE (45)	← 6:05			(45) Express 45 mins

Cycle Studio and Pool

	MON	TUE	WED	THU	FRI	SAT	SUN
6:30am	LES MILLS RPM (30)	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	H2O HIIT 30		
8:25am						LES MILLS RPM (30)	
10:00am				EASY RIDER 30			
11:30am		AQUA FITNESS		AQUA FITNESS		AQUA FITNESS	
12:30pm				LES MILLS sprint			
5:00pm					LES MILLS sprint		
5:20pm	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM (30)				
6:00pm		LES MILLS RPM		LES MILLS RPM			
6:05pm	AQUA PLUS 45	H2O HIIT 30	AQUA PLUS 45				



PLEASE REMEMBER

- Bring your gym towel to every class.
- Please collect a class tag from Reception for entry into all classes.
- Entry to Group Fitness classes is not permitted once they have started.
- Minimum age for Group Fitness classes is 12 years except for Body Balance and Stretch which is 10 years.
- For your comfort and safety we ask all participants to wear fully enclosed footwear to all classes.
- Early morning Les Mills programs are 45 mins (except for CXWORX and SPRINT).

SAFETY

If you have any pre-existing conditions we advise you to consult your medical practitioner prior to undertaking any class. We also advise you to inform your Group Fitness Instructor.

KIDS CLUB

- Childminding for children from 0 to 12yrs is available for parents whilst exercising at CITYFIT
- Enquire at Reception for cost and to collect 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)