

GROUP FITNESS Timetable

Effective January 2012

Y-West Sports, Fitness & Community Centre



Y-West Sports, Fitness & Community Centre
 76 Andaman Street, Jamboree Heights 4074
 Ph: (07) 3376 4266 Fax (07) 3279 5492
www.ymcafitness.net/ywest

Class Description

- BODY PUMP** The ultimate barbell workout with all the benefits of weight training using adjustable weights in a friendly environment and set to great music. All welcome!
- BODY STEP** All over body workout that trims and tones. Easy to follow moves using step blocks to great music.
- BODY BALANCE** Is the Yoga, Tai Chi, Pilates workout that builds FLEXIBILITY and STRENGTH, leaving you feeling centred and calm.
- RPM** Fantastic stationary cycle workout. Places demands on the cardiovascular system and lower body. Your instructor will provide ever-changing scenery and challenges. No coordination required.
- FITBOX** A boxing style workout combining impact and cardio training. Join our instructor and get super fit & have fun learning new skills and improve coordination. Boxing is the ultimate way to lose weight quickly and safely!
- PILATES** A class that teaches a unique method of body control and conditioning, focusing on alignment and positioning while encouraging the deeper trunk muscles to strengthen.
- FAT BURNER** A low impact class that increases your cardiovascular conditioning without jumping.
- GENTLE CLASS** An aerobic and muscle conditioning workout specifically designed for the mature aged participant aged 50 year & over. A great workout in a social atmosphere.
- STRETCH** A 60 minute class that helps improve and maintain your flexibility.
- ZUMBA** Loaded with red-hot dance steps, pulsating Latin rhythms and easy-to-follow routines, this invigorating dance-fitness "party" will have you movin', groovin' and shakin' the weight off to the sexy, exotic rhythms of salsa, cumbia, samba, merengue and more!
- ABT's** A solid workout focusing on the Abs, Butts and Thighs. For all fitness levels.
- LIGHT PACE** An aerobic and muscle conditioning workout at a mild pace. Great for beginners or the older person.

Y-West Centre Hours

Monday - Thursday	5.30am - 9.30pm
Friday	5.30am - 8.00pm
Saturday	7.30am - 6.00pm
Sunday	8.30am - 12.30pm

Public Holiday	Hours are published prior To the Public Holiday
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Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.35am			PUMP				
8.35AM	FAT BURNER	PUMP		ABT's	PUMP		
9.00am						BALANCE	
9.30am	BALANCE	STEP	ZUMBA	STRETCH	ZUMBA		
10.30am	GENTLE	LITE PACE		GENTLE	LITE PACE		
5.30pm	PUMP		STEP	ABT's			
6.30pm	STEP	ZUMBA	BALANCE				

Indoor Cycling

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.35am		RPM		RPM			
8.30am						RPM	
8.35am							RPM
9.30am	RPM			RPM			
6.00pm	RPM						
6.30pm			RPM				

Pilates

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30am	PILATES Combined						
8.35am			PILATES Level 1 & 2 Band Class			PILATES Level 1 & 2 BYO Ball	
6.30pm	PILATES Level 1 & 2						
7.30pm	PILATES Beginner						

Boxing Fit

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am					THUMP		
8.00am						THUMP	
5.30pm		FITBOX					
6.30pm				FITBOX			

Traffic Light System

(Updated on group fitness timetable notice board/display)

Jamboree Heights YMCA's group fitness classes operate under a traffic light system to highlight class attendances and give members the chance to change classes or keep the classes you enjoy. Classes with strong attendance will remain in their current time slots whilst those classes with average or poor attendance will be highlighted to enable members the opportunity to increase participation before the class may be removed or relocated to a different day or time.

Some classes may be scheduled for removal or change depending on their performance.

GREEN: Average weekly attendance of 14+ people

If classes are consistently achieving 14 + people it will be deemed a high performing class. This class is guaranteed to stay in the same time-slot.

ORANGE: Average weekly attendance of 9 -14 people

If attendance has not improved after four weeks, this class will be downgraded to Red status & may be removed from the timetable or replaced with an alternate class. For this class to stay members need to increase the attendance, try inviting friends or family for a free class to increase total occupancy!

RED: Average weekly attendance of 4 -9 people

This class is subject to change within four weeks and may be removed or replaced with an alternate class. Take this opportunity to make suggestions for a new class for this time slot. Please complete a feedback form and place in the suggestion box.

Feedback can be emailed directly to the centre manager on Julie.geraghty@ymca.org.au