

Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am			PUMP Lisa		PUMP Lisa		
7.30am	X-TRAIN Gina				X-TRAIN Gina		
8.15am						YOGA Gina	
9.00am	COMBAT Lisa	FITBALL Vanessa	STEP Sherry	COMBAT Louise			
9.15am						FITBALL Vanessa	PUMP Julie
10.00am	PUMP Lisa	PILATES Brooke	PUMP Julie	YOGA Gina	PUMP Teresa		
5.45pm	STEP Kerry	FITBALL Vanessa	COMBAT Lisa	PUMP Teresa			
6.45pm	PUMP Julie	PILATES Jenny	YOGA Anna Marie	ZUMBA Julia			

All classes are 60 minutes in duration unless marked with an * which are 45 minutes in duration

Indoor Cycling

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am	RPM Julia			RPM Julia			
8.15am						RPM Julia	
9.00am			RPM Teresa		RPM Teresa		
5.45pm	SPIN Michelle		SPIN Diana				

All classes are 45 minutes in duration. Classes are held in the RPM room upstairs above the gym amenities.

Aquatic Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am		AQUA Michelle		AQUA Gina			
8.30am	AQUA Michelle		AQUA Diana		AQUA Gina	AQUA Michelle/ Christine	
6.00pm		AQUA Diana		AQUA TBA			

SUMMER: Classes held in the outdoor heated pools. Bookings not required.

Boxing Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am					BOX FIT Phil		
9.00am		BOX FIT Phil		BOX FIT Phil			
9.15am						BOX 4 LIFE Sherry	
5.45pm		BOX TECH Phil		BOX TECH Phil			
6.45pm		BOX FIT Phil		BOX FIT Phil			

Boxing classes are held in the boxing room above the reception. Boxing classes are 1 hour in duration.

Traffic Light System

Redlands 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.

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.