

Classes catering specially for lower impact exercise

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.45am	LES MILLS BODYBALANCE						
7.15am							LES MILLS BODYBALANCE
7.30am	AQUA DEEP WATER	AQUA DEEP WATER	AQUA DEEP WATER		AQUA DEEP WATER		
8.15am	AQUA AEROBICS	AQUA AEROBICS	AQUA GENTLE MOVERS	AQUA DEEP WATER	AQUA AEROBICS		
		LES MILLS BODYBALANCE		LES MILLS BODYBALANCE	LES MILLS BODYBALANCE		
9.00am						tone LES MILLS BODYBALANCE	
9.10am	MAT PILATES	MAT PILATES	tone	tone			
10.00am			LES MILLS BODYBALANCE				LES MILLS BODYBALANCE
10.15am				MAT PILATES		LES MILLS VIRTUAL Join us in Studio 1 for all Virtual Classes...Les Mills Virtual are video-based classes, featuring some of the best trainers on the planet. Try something new!	
10.30am		LES MILLS BODYBALANCE			LES MILLS BODYBALANCE		
10.45am		10.45 - 11.45am 	10.45 - 11.45am 	10.45 - 11.45am 			
1.30pm		AQUA GENTLE MOVERS	AQUA GENTLE MOVERS		AQUA GENTLE MOVERS		
2.15pm		AQUA DEEP WATER			AQUA DEEP WATER		
2.30pm						LES MILLS BODYBALANCE	
3.30pm							LES MILLS BODYBALANCE
4.00pm		LES MILLS BODYBALANCE				• Timetable subject to change • Classes will not run on a Public Holiday.	
5.45pm	tone						
6.30pm	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE	MAT PILATES		LES MILLS BODYBALANCE		
7.15pm				LES MILLS BODYBALANCE			
7.30pm			LES MILLS BODYBALANCE				

FITNESS CENTRE OPENING HOURS

Monday to Friday 5.30am – 9.30pm // Saturday & Sunday 7.00am – 5.00pm

STARplex BOOKINGS PHONE 8522 0622

starplex.com.au



GROUP FITNESS CLASS DESCRIPTIONS

All programs are fully supervised by qualified, accredited and friendly staff

MY FIT LIFE MEMBERSHIP INCLUDES:

MY FIT LIFE - Is a fully supervised, strength orientated class recommended for people who wish to exercise lower impact. The program is aimed at regaining and maintaining strength, improving bone density and increasing mobility.

BODY BALANCE – Is a holistic workout incorporating flexibility and strength exercises transporting your body and mind into a state of harmony and balance.

TONE – A great foundational class with a wide variety of options to suit all fitness levels. TONE is the optimal mix of strength, cardio and core training.

MAT PILATES – Is a workout that specifically strengthens the posture and trunk stabilising muscles - helps maintain good posture and alignment. Lift your spirit with relaxing meditation at the end.

AQUA AEROBICS - A shallow water, low impact, high intensity workout, working on both upper and lower muscle groups.

AQUA DEEP WATER – A deep water, no impact, intense cardio workout concentrating on both upper and lower muscle groups.

AQUA GENTLE MOVERS - A shallow water class which is suitable for all ages and clients are able to work at their own pace.



All classes held in **Studio 1** - Video-based classes. Features some of the best trainers on the planet!

UNLIMITED access to gym.

UNLIMITED access to pool for lap and recreational swimming.

MY FIT LIFE PACKAGES	CASUAL VISIT	
My Fit Life Membership \$13.20 per week \$653 upfront *Conditions Apply	My Fit Life	\$7
	Fitness Class	\$20.00
	Aqua Class	\$20
	Aqua Class Concession	\$18

*CONDITIONS

- \$25 My Fit Life Assessment must be completed to be eligible to purchase any of the My Fit Life Packages.
- No additional discounts or concessions are available.



Regular/ active participation in My Fit Life Program is essential