

Knox Leisureworks - 1 Mar 2019

GROUP FITNESS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.00 am	Boot Camp	RPM	Boot Camp	RPM	Body Attack		
6.30am						CX WORX		
7.30am							RPM	
8.00 am	Active Adults Cycle ▲						SH'BAM	
9.00 am							Freestyle	Body Attack
9.20 am	Hi Energy Circuit	Body Pump	Boxing	THT	Body Pump			
10.00 am							Body Pump (45min)	Body Pump
10.30am			Senior Strength (1hr) ▲ □					
10.45am							Body Step (45min)	
11.30am				Senior Strength (1hr) ▲ □				
11.40 am	Feeling Fit ▲				Feeling Fit ▲	Body Pump ▲		
12.30pm	Senior Strength (2hrs) ▲ □							
12.45 pm			Active 4 Life ▲					
5.30 pm		Body Pump			RPM			
6.00 pm	Cycle							
6.30 pm	Zumba		Body Attack	Body Pump				
6.35 pm		Body Step						
7.30 pm	Body Pump		Zumba	CX WORX				

▲ Active Adult Members can access these classes NAME CHANGE - LLLS = Senior Strength □ Sessions held in the gym

WELLNESS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9.15 am		Yoga ●					
10.35 am	Yoga	Pilates	Body Balance	Yoga	Body Balance			
11.00 am								Body Balance
11.40 am		Body Balance ▲	CHI BALL ▲				Body Balance	
12.45 pm		Tai Chi ▲						
6.00 pm		Yoga ●			Yoga ●			
6.30 pm			Yoga ●			Meditation ✦		
8.30 pm	Body Balance		Body Balance					

● Sessions held in Training Studio (formerly Studio Y) ✦ Meditation runs every 3rd Friday of the month

▲ Active Adult Members can access these classes, members must have a Gym induction for Senior Strength.

HIGH INTENSITY	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9.00 am						Knox HIT	
	9.30 am		Knox HIT					
	10.40 am	Knox HIT						
	6.30 pm	Knox HIT		Knox HIT				

SESSION NAME CHANGE – Adrenaline = Knox HIT

AQUATICS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6.00am	Aquanauts ♦				Aquanauts ♦		
	7.00 am	Aquacise		Aquacise		Aquacise		
	8.00am	Active Adults Aqua	Gentle Aquacise ■	Active Adults Aqua	Aquacise ■	Active Adults Aqua		
	9.15 am	Aquacise	Aquacise	Aquacise	Deep Water Running	Active Adults Aqua	Aquacise	
	10.15 am	Active Adults Aqua	Active Adults Aqua	Active Adults Aqua	Aqua Zumba	Aquacise		
	11.15am					Gentle Aquacise ■		
	6.30 pm	Aquacise						
	7.00 pm			Aquacise	Gentle Aquacise			
	7.15pm		Aqua Zumba					
7.30 pm	Deep Water Running							

■ Sessions held in the Warm Water Pool ♦ Adult Squad competent swimmers

OTHER	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:15am					Low Impact Waves \$
	11:00am	Low Impact Waves \$				

SESSION NAME CHANGE - Arthritis Waves = Low Impact Waves
 \$ Sessions not included in memberships, attracts an additional fee

CLASS TYPES

GROUP FITNESS Group workout sessions for any skill level, with a focus on strength, stamina and coordination. This includes instructor based classes as well as virtual group fitness sessions.

WELLNESS Engage your mind and body using a range of movement and breathing exercises, designed to increase flexibility and focus, and reduce stress.

AQUATICS Water based workouts designed to improve your cardio, as well as strengthen and tone your body with minimal impact.

HIT - HIGH INTENSITY TRAINING Involves repeated bouts of high intensity all-out effort followed by short, sometimes active, recovery periods.

ACTIVE ADULTS Low impact classes designed for older adults, encompassing a range of strength, cardio and flexibility exercises.

IMPORTANT INFORMATION

- Late entry to classes more than 5 minutes after commencement is not permitted.
- Participants must obtain a ticket for all classes from Reception.
- All participants must be aged 16 years or older (except family friendly classes available to persons 13 years and over these classes are highlighted **RED**).
- An Active Adults membership allows entry to all Active Adults and Aqua classes.
- Please note that classes may only be pre-booked by the individual attending the class. Bookings can be made 24 hours in advance for members, and 12 hours in advance for casual users.