

# AQUA CLASSES

	Mon	Tue	Wed	Thu	Fri
9:00am				AQ/M	
10:00am		AQ/M			
10:15am					AQ/M
6:30pm				AQ	
6:45pm	AQ				

All Classes 45 Minutes

## AQ: AQUA FITNESS

A class using the buoyancy, resistance, and therapeutic effects of warm water. Aqua fitness combines a cardiovascular workout with body toning, stretching and relaxation techniques. A safe, fun and effective class for everyone – even non-swimmers.

**Suitable for:** All fitness levels

**Co-ordination required:** Low

## AQM: AQUA MOBILITY

Based on the aqua aerobics format but conducted at a lower intensity. The buoyancy provided when exercising in water makes this an ideal class for the over 50's, beginners, rehab patients, arthritis sufferers and pre or post natal clients.

**Suitable for:** Low to medium fitness levels

**Co-ordination required:** Low

# KIDS CLUB

The Kids Club is available at the following times:

Monday:	9:00am – 12:15pm
Tuesday:	9:00am – 12:15pm
Wednesday:	9:00am – 12:00pm
Thursday:	9:00am – 12:15pm
Friday:	9:00am – 12:00pm
Saturday:	8:30am – 11:30am

Please note: No Kids Club on public holidays.



Gecko Kids Fitness is our latest offering to truly make Squashbrook the club for your whole family!

Gecko Kids Fitness is the complete fitness experience for kids aged 5 – 13 years of all fitness levels. The kids are split into two groups, 'Youngsters' for ages 5- 9 and 'Midsters' for 10 – 13 year olds.

Gecko is all about the kids – kids specific equipment, age specific state of the art kids programs, charismatic, engaging expert coaches, music, colour, fun and so much more!

We understand that exercise for kids is different from adults and make sure the kids are always having a blast during their workouts. Whether telling their coach about sporting success, making new friends or flying through a new and exciting obstacle course – kids LOVE being part of TEAM GECKO!

Gecko classes include Circuits, Obstacle Courses, Boxing, Strength, Motor Skills & Co-ordination, Cycling, Rowing, Running, Games, Fitness Testing, Survivor, Indoor Bootcamp and more!

Kids improve Cardio, Strength, Speed, Agility, Balance, Co-ordination, Flexibility, Tone & Endurance. Sports Improvement for all young athletes, Increased Confidence, Self Esteem and Social Skills are all vital benefits from the program

Healthy habits and skills learnt at a young age will help form good habits for later life and give your kids the best chance at a healthy future with Gecko Kids Fitness.

Ask at reception for more information.



Look Better, Feel Better, Live Better!

## GROUP FITNESS SCHEDULE



### DON'T FORGET

Water Bottle and Towel are essential.

### TRADING HOURS

Mon, Tue, Wed:	6:00am – 9:00pm
Thu, Fri:	6:00am – 8:00pm
Saturday:	8:30am – 1:00pm
Sunday:	8:30am – 12:00pm
Public Holidays:	9:00am – 12:00pm

Pool, Spa & Sauna Close 15 mins prior to centre

#### ENQUIRIES:

Phone 08 8725 5351

297 Commercial Street West, Mt. Gambier

Email: [enquiries@squashbrook.com.au](mailto:enquiries@squashbrook.com.au)

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(\*conditions apply)**

**CASUAL VISITS WELCOME**

Valid from 14/11/2011

# GROUP FITNESS

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:05am			rpm P				
6:15am		BP		PF* BP	rpm#		
6:30am	rpm X						
8.45am						rpm*	rpm X
9:15am	rpm#	TB*	rpm# BS	SHBM*	BS PF		
9:30am						BC	BP
10:00am	BP	BC	BP	TB			
10:15am					BP		
10:30am						BB	
11:15am	BB			Y			
4:00pm	Gecko	Gecko	Gecko	Gecko			
5:30pm					rpm X		
5:45pm	BC	BA	BC	BS A*			
6:00pm	rpm*	PF	rpm*		SHBM*		
6:45pm	BP	BB	BP	Y^			
7:00pm		rpm#					
7.45pm			SHBM*				

<b>BP</b>	Body Pump	<b>rpm</b>	rpm
<b>BB</b>	Body Balance	<b>rpm X</b>	rpm Express
<b>BC</b>	Body Combat	<b>rpm P</b>	rpm Performance
<b>BS</b>	Body Step	<b>TB</b>	Total Body
<b>BA</b>	Body Attack	<b>PF</b>	PunchFit
<b>SHBM</b>	Sh'Bam	<b>Y</b>	Yoga
<b>A</b>	Absolution	<b>Gecko</b>	Gecko Kids Fitness

All Classes 1 Hr

*45 minutes	<b>rpm Express</b>	35 minutes
#50 minutes	<b>rpm Performance</b>	60 minutes
^ 75 minutes	<b>Gecko Kids</b>	45 minutes

## RPM: RPM

RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. RPM helps to increase cardiovascular fitness, burn fat and tone and shape your legs, hips and butt. It will help to increase strength and muscular endurance with out building bulk.

**Suitable for:** Medium fitness levels **Co-ordination:** Nil



## SHBM: SH'BAM

Featuring simple but seriously hot dance moves, Sh'Bam is the perfect way to shape up and bring out your inner star, even if dance isn't your thing! With the hottest dance club music, Sh'Bam is the ultimate fun and sociable way to exercise!

**Suitable for:** All fitness levels



**Co-ordination:** Low

## BP: BODY PUMP

The world's most popular group fitness class. Using adjustable barbells and fantastic music, 'pump' builds lean muscle, increases metabolic rate, fat burning and ensures great muscle tone.

**Suitable for:** All fitness levels



**Co-ordination:** Low

## BC: BODY COMBAT

The power of self defence and martial arts combine, to deliver an addictive mix of kick boxing, tai chi, karate and self defence that will leave you feeling energised, strong and confident. Jab hook and kick your way to awesome cardiovascular fitness and great muscle definition.

**Suitable for:** Medium fitness level



**Co-ordination:** Mod.

## BS: BODY STEP

An addictive class combining rhythm, energy and great music to deliver an effective total body workout and fast results. This pre-choreographed step class delivers the best butt and thigh workout in the gym & caters for everyone from the newest to the most athletic participant. Strength and toning phases for all over body conditioning.

**Suitable for:** All fitness levels



**Co-ordination:** Mod.

## BA: BODY ATTACK

If you are looking for inspiration and athleticism, this is the class for you. High intensity interval workout, with simple athletic moves and advanced strength work and plenty of options. Attack is simple, energised, challenging and most of all, the fastest way to get activated. Once you start, you won't look back!

**Suitable for:** Medium fitness level



**Co-ordination:** Mod.

## BB: BODY BALANCE

The ultimate reward for the mind and body. 'Balance' calls upon yoga, pilates and tai chi to prevent injury and create pain free, relaxed muscles and mind. Helps relaxation and harmony, improves strength, posture and flexibility, whilst relieving tension and stress.

**Suitable for:** All fitness levels



**Co-ordination:** Low

## PF: PUNCHFIT

Boxing is a high intensity full-body workout that will make you physically stronger and fitter. It is a complete cardiovascular workout, as well as training your upper body, lower body and core strength. Build confidence, feel empowered and achieve your goals by joining this calorie and fat burning class.

**Suitable for:** All fitness levels

**Co-ordination:** Mod.



## A: ABSOLUTION

The ultimate abdominal and cardiovascular workout! Give your abdominals a real workout while building your fitness with a cardio blast.

**Suitable for:** All fitness levels

**Co-ordination:** Low



## TB: TOTAL BODY

Total Body is driven by fantastic music and creative choreography and uses light weights to sculpt the entire body.

There are options for beginners to advanced, so this is a class for everyone to give a go, have fun and work at their own levels to achieve their fitness goals.

**Suitable for:** All fitness levels

**Co-ordination:** Mod.



## Y: YOGA

Our Yoga is a general class suitable for students of all levels. The postural instruction is alignment focused, with sequences ranging from restorative to dynamic vinyasa. Blocks, belts and bolsters are used to support and modify postures safely. Yoga builds flexibility, strength and stamina of body, mind and spirit - those who have a regular practice soon discover that yoga becomes for them a way of life.

**Suitable for:** All fitness levels

**Co-ordination:** Low



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