

# Bentleigh Fitness Centre Class Timetable 2019

12 North Drive, East Bentleigh VIC 3165  
 www.bentleighfitnesscentre.com.au  
 Ph: (03) 9579 3339

CLUB HOURS	MONDAY 5.30am – 10pm	TUESDAY 5.30am – 10pm	WEDNESDAY 5.30am – 10pm	THURSDAY 5.30am – 10pm	FRIDAY 5.30am – 9pm	SATURDAY 7am – 7pm	SUNDAY 7am – 7pm
6.00am Main Studio	PILATES MAT 60 MIN	BODY PUMP 45 MIN	YOGA POWER FLOW 50 MIN STARTS 6.10AM	CROSSTRaining 45 MIN			
6.00am Functional Studio	CROSSTRaining 45 MIN	CROSSTRaining 45 MIN	CROSSTRaining 45 MIN		CROSSTRaining 45 MIN		
6.00am Reformer Studio		REFORMER PILATES* 50 MIN		REFORMER PILATES* 50 MIN			
6.00am Yoga Studio		HOT YOGA* 60 MIN		HOT YOGA* 60 MIN			
6.15am Cycle Studio	CYCLE 45 MIN		CYCLE 45 MIN		CYCLE 45 MIN		
7.30am Functional Studio						CROSSTRaining 50 MIN	
8.00am Yoga Studio						YOGA VINYASA 60 MIN	
8.10am Cycle Studio							SUPER CYCLE 60 MIN
8.15am Reformer Studio						REFORMER PILATES* 50 MIN	
8.30am Main Studio			OLDER ADULTS CIRCUIT* 50 MIN STARTS AT 8:20AM	OLDER ADULTS LLLS* 50 MIN STARTS AT 8:20AM		BOXING 50 MINS	
8.30am Functional Studio						CROSSTRaining 50 MINS	
9.15am Main Studio	TUMMY, HIPS AND THIGHS 60 MIN	POWERBAR 60 MIN	FATBURNER 60 MIN	FATBURNER 60 MIN	BODY PUMP 50 MIN	BODY PUMP 50 MINS STARTS 9.30AM	ZUMBA 60 MIN
9.15am Reformer Studio	REFORMER PILATES* 50 MIN	REFORMER PILATES* 50 MINS	REFORMER PILATES* 50 MIN	REFORMER PILATES* 50 MIN	REFORMER PILATES* 50 MIN	REFORMER PILATES* 50 MINS	REFORMER PILATES* 50 MINS
9.15am Yoga Studio	HOT YOGA* 60 MIN	BARRE ATTACK* 60 MIN	BARRE FITNESS* 60 MIN	BARRE ATTACK* 60 MIN	PILATES / YOGA FUSION 60 MIN	BARRE FITNESS* 50 MIN	HOT YOGA* 60 MIN
9.30am Functional Studio						CROSSTRaining 50 MINS	CROSSTRaining 50 MIN
10.15am Ladies Gym		LADIES EXPRESS CIRCUIT 30 MIN		LADIES EXPRESS CIRCUIT 30 MIN			
10.15am Reformer Studio	REFORMER PILATES* 50 MIN	REFORMER PILATES* 50 MINS	REFORMER PILATES* 50 MIN	REFORMER PILATES* 50 MIN	REFORMER PILATES* 50 MIN	REFORMER PILATES* 50 MINS	REFORMER PILATES* 50 MINS
10.30am Main Studio	YOGA VINYASA 60 MIN	YOGA HATHA 60 MIN	PILATES MAT 60 MIN		YOGA HATHA 60 MIN	PILATES MAT 60 MIN	YOGA HATHA 60 MIN
11.00am Gym Floor	OLDER ADULTS LLLS* 60 MIN	OLDER ADULTS LLLS* 60 MIN	OLDER ADULTS LLLS* 60 MIN	OLDER ADULTS LLLS* 60 MIN			
11.15am Reformer Studio						REFORMER PILATES* 50 MINS	REFORMER PILATES* 50 MINS
11.30am Main / Pool			AQUA 45 MIN		AQUA 45 MIN	ZUMBA 60 MINS	
12.10pm Main / Cycle	H.I.I.T EXPRESS 30 MIN	EXPRESS YOGA 30 MIN	H.I.I.T EXPRESS 30 MIN				
5.00pm Yoga Studio		HOT YOGA* 45 MIN		HOT YOGA* 45 MIN			
5.10pm Main Studio		H.I.I.T 45 MINUTES		H.I.I.T 50 MINUTES			YOGA & MEDITATION 60 MIN STARTS AT 4PM
5.15pm Reformer Studio	REFORMER PILATES* 50 MIN	REFORMER PILATES* 50 MIN	REFORMER PILATES* 50 MIN	REFORMER PILATES* 50 MIN			
6.00pm Functional Studio	BOXING 45 MIN	BOXING 45 MIN	CROSS TRAINING 45 MIN	BOXING 45 MINUTES			
6.00pm Main Studio	CORE BLAST 45 MIN	ZUMBA 50 MIN	BODY PUMP 60 MINUTES	FATBURNER LAST CLASS 06/06/19	YOGA VINYASA 60 MIN STARTS 6.30PM		
6.00pm Yoga Studio	BOOTY BARRE* 50 MIN	YOGA VINYASA 50 MIN	PILATES MAT 60 MIN	YOGA POWER FLOW 45 MIN	BARRE FITNESS* 60 MIN STARTS 6.30PM		
6.15pm Reformer Studio	REFORMER PILATES* 50 MIN	REFORMER PILATES* 50 MIN	REFORMER PILATES* 50 MIN	REFORMER PILATES* 50 MIN			
6.30pm Cycle Studio	SUPER CYCLE 60 MIN	CYCLE 45 MIN	CYCLE 45 MIN				
6.50pm Functional Studio	CROSS TRAINING 45 MIN	CROSS TRAINING 45 MIN	BOXING 45 MIN	CROSS TRAINING 45 MIN			
7.00pm Main Studio	BODY PUMP 50 MIN STARTS 6.50PM	BODY PUMP 45 MIN STARTS 6.50PM	CORE & CARDIO FITNESS LAST CLASS 05/06/19	ZUMBA 45 MIN			
7.00pm Yoga Studio	YIN YOGA 50 MIN	PILATES MAT 45 MIN	YIN YOGA 60MIN	BARRE ATTACK* 60 MIN			
7.05pm Pool	AQUA 45 MIN						
7.15pm Reformer Studio	REFORMER PILATES* 50 MIN	REFORMER PILATES* 50 MIN	REFORMER PILATES* 50 MIN	REFORMER PILATES* 50 MIN			
7.40pm Functional Studio	MUAY THAI KICKBOXING LAST CLASS 03/06/19			MUAY THAI KICKBOXING 60 MIN			
7.45pm Main Studio	ZUMBA 60 MIN	YOGA HATHA 60 MIN	ZUMBA 45 MIN	BODY PUMP 45 MIN			
8.00pm Yoga Studio	BARRE FITNESS* 60 MIN	BARRE ATTACK* 60 MIN	HOT YOGA* 60 MIN	BARRE ATTACK* 60 MIN			
8.15pm Reformer Studio	REFORMER PILATES* 50 MINS	REFORMER PILATES* 50 MINS	REFORMER PILATES* 50 MINS	REFORMER PILATES* 50 MINS			

**RED FLAGGED CLASSES**  
 Classes that are "red flagged" need a little more support. Please come along and participate or it may disappear from the group exercise timetable.



# Class Descriptions

<b>LIVING LONGER, LIVING STRONGER (OLDER ADULTS)</b>
Living Longer Living Stronger™ is an exercise program designed for over 50's. It aims to achieve a reduction in falls, improved quality of life & fitness in people aged 50+. Take it at your own pace. <b>A health assessment (\$40) with a trainer is required before you can participate. Enquire at reception to book.</b>
<b>OLDER ADULTS SUPERVISED CIRCUIT*</b>
A fully supervised circuit for over 50s combining cardiovascular, resistance, balance and flexibility training. Take it at your own pace. <b>A health assessment (\$40) with a trainer is required before you can participate. Please enquire at reception to book.</b>
<b>POWERBAR</b>
An exhilarating low impact weight training class set to music. Powerbar uses adjustable barbells and hand weights and is designed to efficiently strengthen and tone all major muscle groups.
<b>TUMMY HIPS AND THIGHS (THT)</b>
A low impact workout designed to tone and tighten the tummy, hips and thighs.
<b>FATBURNER</b>
A mix of cardiovascular and strength exercises, designed to keep your heart rate in the optimal fat burning zone.
<b>CORE AND CARDIO FITNESS</b>
A high energy class that incorporates challenging cardiovascular fitness and core strengthening exercises to music!
<b>ZUMBA</b>
Zumba is exercise in disguise! Zumba is a cardio-based dance workout with sculpting exercises designed to tone the entire body.
<b>BARRE*</b>
<b>Barre Attack:</b> Barre Attack is a low impact workout combining standing Pilates work, short cardio intervals and dance moves from ballet class. A great class for beginners.
<b>Barre Fitness:</b> Improve your fitness whilst developing long, lean muscles in this ballet inspired fitness workout. Using hand weights, weighted balls, therabands and body weight exercises, this class will get your heart pumping with plenty of dance technique thrown in.
<b>Booty Barre:</b> Bootybarre is a fun, energetic, workout that will tone & define the whole body. Bootybarre is the perfect combination of strength and flexibility with an added cardiovascular element utilizing the barre.
<b>Classes must be pre-booked via the Bentleigh Fitness Centre App. Please see reception for details.</b>
<b>LADIES EXPRESS CIRCUIT</b>
A 30 min time efficient workout that works every muscle, challenges your cardio fitness and burns calories!
<b>LES MILLS BODY PUMP</b>
A total body workout with light - moderate weights and lots of repetition. You'll leave the class feeling motivated and challenged!
<b>AQUA</b>
Aqua utilizes slow to moderate exercises, taking advantage of the pools buoyancy. Suits older members and is ideal for expectant mothers.
<b>CYCLE (45MIN) - SUPER (60MIN)</b>
Experience a ride that will keep you coming back! Guaranteed to make you sweat and feel the burn. Beginners welcome, you can take at your own level.

<b>YOGA &amp; MEDITATION</b>
Meditation is a means of transforming the mind. Meditation encourages and develops concentration, clarity and emotional positivity. This class combines both yoga and meditation techniques and will help you relax and recharge.
<b>CROSS TRAINING</b>
A high intensity strength and cardio workout using bodyweight exercises, kettlebells, free weights, battle ropes and strongman equipment in a fast paced circuit style format.
<b>H.I.I.T</b>
Also known as High Intensity Interval Training, H.I.I.T classes are the most effective way to burn calories. This class combines periods of maximum effort followed by short recovery periods using body weight exercises, free weights and cardio style training exercises.
<b>CORE BLAST</b>
A class designed to work every aspect of your core, building functional strength and muscle tone. A cardio warm up is included.
<b>YOGA</b>
<b>Yoga Vinyasa</b> - Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling.
<b>Yoga Powerflow</b> - A dynamic faster paced yoga with a focus on core. A fusion of Hatha, Iyengar and Vinyasa styles.
<b>Yoga Hatha</b> - A slower paced Yoga, holding positions and focusing on breathing. A great class for beginners.
<b>Yin Yoga</b> - Yin yoga poses are held for longer periods of time. They apply moderate stress to the connective tissues, fascia, and ligaments—with the aim of increasing circulation and improving flexibility.
<b>HOT YOGA*</b>
Hot Yoga is a vigorous form of Yoga performed in a studio with temperatures of above 29 degrees. Hot Yoga encourages sweating, which is believed to detoxify the body, as well as improve flexibility, boost stamina, improve overall fitness, burn calories, relieve stress and increase circulation. Patrons with medical conditions should take caution when participating.
<b>Classes must be pre-booked via the Bentleigh Fitness Centre App. Please see reception for details.</b>
<b>PILATES</b>
<b>Pilates Mat:</b> Pilates promotes balance, flexibility and postural control. There is a key focus on strengthening the abdominal and lower back muscles.
<b>Pilates / Yoga Fusion:</b> A fusion of techniques from both Yoga and Pilates with a key focus on core stability.
<b>PILATES REFORMER*</b>
Pilates reformer utilizes the reformer bed apparatus. Designed to assist in full body strengthening & improving core stability.
<b>Classes must be pre-booked via the Bentleigh Fitness Centre App. Please see reception for details.</b>
<b>BOXING</b>
A great upper body workout using boxing techniques. The boxing circuit focuses on cardiovascular fitness and conditioning and uses cardio exercises, partner work and bag work.
<b>MUAY THAI KICKBOXING</b>
Muay Thai Kickboxing, also known as the "art of 8 limbs" is a combat sport characterized by the use of punches, kicks, elbows and clinching. This class is a great full body workout with lots of cardio and technique.

## CLASS RULES

- Please arrive to your class on time. Arrivals 5 minutes after class commencement time may not be permitted to enter.
- \*All Older Adults classes require an assessment with a trainer before you can participate. Please enquire at reception to book in.
- \*Reformer Pilates subject to bookings – please see reception for details.
- \*Barre classes subject to bookings - please see reception.
- \*Hot Yoga classes subject to bookings - please see reception.
- It is recommended that before participating in a Reformer Pilates class, members should participate in a Pilates Mat class to understand the basic principles of Pilates.
- Please carry a hand towel and a water bottle with you to all classes.
- Please bring your own mat to Hot Yoga, Yoga and Pilates classes.
- Please wear covered shoes to all classes (thongs are not permitted).
- For hygiene reasons please **bring your own boxing gloves** to the boxing & kickboxing classes.
- **TIMETABLE & INSTRUCTORS SUBJECT TO CHANGE WITHOUT NOTICE**

## SWIMMING POOL & WET AREA

SWIMMING POOL AVAILABILITY IS SUBJECT TO CHANGE WITHOUT NOTICE.

Weekday Pool Availability (Monday - Thursday):

- 5.30am – 9.00am
- 11.00am – 3.00pm
- 7.15pm – 9.45pm
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Weekday Pool Availability (Friday):

- 5.30am – 9.00am
- 11.00am – 3.00pm
- 7.15pm – 8.45pm

Weekend Pool Availability:

- 7am – 8.30am
- 1.30pm – 6.45pm

The Pool & Wet Area close for daily maintenance 15 minutes prior to closing time. Please ensure you have showered and left the pool or wet area 15 minutes prior to the center closing times. Patrons must be a member of Bentleigh Fitness Centre in order to access the pool. Guests may purchase a day pass from the gym reception.