

MORLEY

GROUP FITNESS TIMETABLE

STARTING JUNE 19 2023

STAFFED HOURS

Monday—Thursday 9.00am—6.00pm

Friday 9.00am—5.00pm

Saturday 8.30am—11.30pm

Sunday and Public Holidays Unstaffed

GX ROOM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00-6.55am		Power Hour		Power Hour			
8.15-9.15am						Body Combat	
9.15-10.10am	HIITStep +Core	Club Fiesta	Body Pump	Zumba	Body Pump	Zumba	
10.15-11.10am	Pilates		Yoga			Body Pump	10am Yoga
5.30-6.25pm	Body Pump	Freestyle Dance	HIITCircuit +Core	Pilates			
5.45-6.40pm					Konga		
6.30-7.25pm	Pilates	Body Pump	Yoga				
STRENGTH ZONE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30-10.15am	Super Seniors		Super Seniors		Super Seniors		

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 Morley WA 6062
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OUR CLASS GUIDE

		BEST RESULTS			
		FITNESS	STRENGTH AND TONE	WEIGHT-LOSS	WELLNESS
POWER HOUR	Power Hour will kick start your day with an efficient and effective full-body workout. Sessions can include circuits, HIIT, bodyweight exercises, balance or core work, and strength training. Suitable for all abilities with options and challenges offered to help you get the most out of every class.	■	■	■	
HIIT CIRCUIT	A HIIT workout designed to improve strength and cardiovascular fitness, and build lean muscle. This workout uses a barbell, weight plates, a step, bodyweight, and motivating music to hit all major muscle groups.	■	■	■	
HIIT STEP	A HIIT class that uses bodyweight and a step and a music soundtrack created by some of the UK's top House DJs, a high energy class that pushes you to new limits.	■	■	■	
BODYCOMBAT	A high energy class that fuses moves from boxing, muay thai, karate and other martial arts. Emphasising control and technique the bodyweight athletic combinations will challenge and shape your body. No equipment necessary, and options for both low and high impact movements are given in every class.	■	■	■	
BODYPUMP	A non-impact class designed to give your body a complete workout using barbells and light weights. You will burn calories and improve strength.	■	■	■	
PILATES	A mind-body intervention that focuses on strength, core stability, muscle control, posture, and breathing.	■	■	■	■
SUPER SENIORS	Specially designed for the over-55s to safely maintain fitness, strength, and flexibility. Suitable for both veteran gym goers and new comers.	■	■	■	■
YOGA	A flowing and meditative class for healing and restoring balance within the body, mind, and spirit. Improve muscle tone, flexibility, strength, and stamina.	■	■	■	■
CLUB FIESTA	Club Fiesta is a fitness and exercise program disguised as fun. A blend of simplified dance moves and traditional fitness exercises, Club Fiesta will have you smiling while you sweat. Each routine has high and low impact options which allow everyone to participate regardless of fitness level.	■	■	■	
FREESTYLE DANCE	An easy-to-follow high intensity fusion of dance and sculpting movements, an effective and super fun class.	■	■	■	
ZUMBA	A blend of Latin and International dance routines that creates a dynamic, exciting, and fun workout. A blend of fast and slow rhythms, and low and high intensity options, mean this class is suitable for all.	■	■	■	