

ABOUT BAYFIT GROUP FITNESS CLASSES

BODYPUMP™ is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

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.. You have the ability to control the intensity of the workout, which means riders of all capabilities can work out together. The more you ride, the fitter you'll become

SPINNING Similar to Les Mills RPM, however our instructors have created their own playlist of songs and choreography to give you even more variety!

BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.. Each class is made up of 45 minutes of simple but challenging exercises, followed by 10 minutes of relaxation and meditation.

BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.










































BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. BODYCOMBAT™ is for all fitness levels. And because the moves are simple, you don't need to be especially well coordinated. Just give it a go!

The **ZUMBA®** program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Kids Zumba- Easy to follow dance moves for children aged 6-12 years. A fun way to exercise for 45 mins. Parents must remain within the facility and a comprehensive health screen must be filled in before commencing the class.

Express Boxing-30 mins of pure cardio and body weight using focus pads. Please make sure for Hygiene reason that you bring your own gloves.

BAYFIT GROUP FITNESS TIMETABLE – Commencing 22ND APRIL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15 AM	 ROSA	CYCLE & CIRCUIT SUPER CLASS JOSH	 ROSA	 ZONA	 ROSA		
8.30 AM	 COTA LLL CLASS TRISH		 COTA LLL CLASS TRISH	 COTA LLL CLASS TRISH	 COTA LLL CLASS TRISH	 ROSA (starts 8.15AM)	
9.00 AM	 AQUA AEROBICS (Main Pool)		 AQUA AEROBICS (Main Pool)		 AQUA AEROBICS (Main Pool)		 MARK
9.30 AM	 DANIELA	 VICKI	 CAROLYN	 VICKI	 JULIE	 SHIRLEY (starts 9.15AM)	 MARK (STARTS 10:00AM)
10.40 AM (note SUN is 10.30 AM)	 DANIELA	 ZONA		 (starts 13/10)	 JULIE	 SHIRLEY (starts 10.15AM)	
	 MARIA (starts 5.30PM)	 Express Boxercise BYO Gloves (starts 5.30PM)				 Express Boxercise BYO Gloves (starts 11.15AM)	 CATHERINE (starts 11.30AM)
6.00 PM	 (Starts 6.15) SUE	 CATHERINE	 VICKY (45 minutes)	 NICOLE		 SANDIE (starts 4.00PM)	 (starts 12.30PM)
			 (starts 6.45PM)				
7.00 PM	 VICKY	 NICOLE	 DANIELA (starts 7.15PM)	 SANDIE		 PHYSIOTHERAPY PILATES CLASSES 8.00PM Mon, Tues, Wed & Thurs (Bookings Essential Ph: 9392 2288)	