

# GROUP FITNESS CLASSES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7.00 AM</b>	Strength & Conditioning	HIIT Circuit	Bootcamp	Yoga * (45 mins) Strength & Conditioning	HIIT Circuit
<b>12.15 PM</b>	HIIT Circuit	FitBox  Yoga * (45 mins)	Strength & Conditioning	BASKETBALL on Q (outdoor class) weather permitting  Mat Pilates * (45min)	
<b>1.15 PM</b>	BASKETBALL on Q (outdoor class) weather permitting	Strength & Conditioning	HIIT CIRCUIT	FitBox	FitBox
<b>5.15 PM</b>	HIIT circuit	FitBox  Mat Pilates * (45 mins)	Strength & Conditioning	HIIT Circuit	

\* Yoga and Pilates are held in the Wellness Room, Ground Level next to the End Of Trip facility.

All classes 30 minutes in duration unless otherwise stated.

## CLASS DESCRIPTIONS

**Basketball on Q:** Designed for casual basketball players of all skill levels, this class is a group fitness activity based on a team training session. We use basketball training drills to improve your cardio and core strength while providing you with game-like situations to practice your jump shots, lay-ups, and defence; all in a social team environment. Each session is 30 minutes and includes a variety of drills to test your fitness, shooting, defence, passing and overall game. Being an outdoor class is subject to weather condition.

**Bootcamp:** Get back to the basics with this strength and cardio focused bootcamp. Utilising a mixture of HIIT, functional movement, and full body strength training, this class is a challenging full body workout designed to get you moving. This class is suitable for beginners.

**FitBox:** FitBox incorporates boxing movements to get your heart pumping. Combining strength and cardio components, this class is based on the training used for boxing including skipping, basic boxing drills and abdominal drills, to tone and condition your whole body. This class is suitable for beginners.

**Mat Pilates:** Mat Pilates takes it back to the beginning with a flowing session down on the mat. You will move from exercise to exercise working through the whole body. Using no equipment other than the strength and control of your own body, you will tone and lengthen from head to toe. This class is suitable for beginners.

**High-intensity circuit training:** (HICT) involves combining both cardio and resistance training in the same workout. It alternates upper and lower body moves as well as high-intensity and lower-intensity exercises. The idea is a challenging, total body routine that promises better weight loss results in less time. The major benefit of HICT is that you increase your afterburn, the number of calories your body continues to burn after your workout is over. That afterburn or post-exercise oxygen consumption (EPOC) is considered by some to help boost your metabolism, which may help with weight loss. This class is suitable for beginners.

**Strength and Conditioning:** (S&C) is the selection and development of dynamic and static exercises used to improve physical performance. S&C training involves a wide range of exercises developed to build a variety of skills with a focus on mind, mobility, stability, strength, endurance, power, speed, agility and performance. Combines strength training, aerobic conditioning, speed and agility training, as well as sport-specific training. This class is suitable for beginners.

**Yoga:** Hatha yoga is an alignment-oriented practice that emphasises the forms and actions within yoga postures. Traditional asanas are held in accurate alignment. Emphasis is placed on core strength, flexibility, and balance as well as concentration and breath control. This class is based on physical postures (asanas), deep breathing, mindfulness and listening to the body. This class is suitable for beginners.

All classes 30 minutes in duration unless otherwise stated.

**CONTACT** For more information please contact [qfitness@qv1.com.au](mailto:qfitness@qv1.com.au)