

# AKAC Timetable 9 April– 28 April 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		ADULT SWIM FIT		ADULT SWIM FIT			
6:15 AM	VINYASA YOGA	BOOTCAMP	BOOTCAMP	BOXING			
6:30 AM	FIT30 - HIT				FIT30 - HIT		
7:00 AM				AQUA ZUMBA		SHALLOW AQUA	
7:15 AM	VINYASA YOGA	PILATES	FUSION YOGA	PILATES	POWER YOGA		
7:30 AM	DEEP WATER AQUA	FIT30 - HIT	FIT30 - HIT	FIT30 - HIT		BOOTCAMP	
8:00 AM						SHALLOW AQUA	HATHA YOGA
	SHALLOW AQUA	STRETCH	SHALLOW AQUA	STRENGTH ON THE BALL	SHALLOW AQUA	ZUMBA	
8:30 AM	STRENGTH ON THE BALL		STRETCH		PILATES	BOXING	
9:00 AM							FIT30 - HIT
	PILATES	STRENGTH AND AEROBICS	CARDIO BOXING	STRETCH	ZUMBA	POWER PILATES	ZUMBA
	SHALLOW AQUA	SHALLOW AQUA	ZUMBA	AQUA ZUMBA	AQUA ZUMBA		
9:30 AM			SHALLOW AQUA				
10:00 AM	FIT30 - HIT			FIT30 - HIT *SENIORS	FIT30 - STRENGTH & CORE	AQUA ZUMBA	
	STRETCH	PILATES	STRONG SENIORS	DEEP AQUA	STRETCH	FUSION YOGA	FIT30 - STRENGTH & CORE
		FIT30 - *ACTIVE SENIORS		PILATES		FIT30 - HIT	
10:30 AM			FIT30 - STRETCH/MOBILITY				
	STRONG SENIORS		STRENGTH AND AEROBICS	SENIOR'S TOTAL WELLBEING	STRONG SENIORS		FIT30 - STRETCH/MOBILITY
		ZUMBA				FIT30 - STRENGTH & CORE	
11:30 AM							
11:45 AM							SHALLOW AQUA
12:15 PM	WARM WATER AQUA			WARM WATER AQUA		FIT30 - STRETCH/MOBILITY	
12:30 PM	ZUMBA GOLD- SENIORS						
1:00 PM		WARM WATER AQUA	WARM WATER AQUA				
4:30 PM						HATHA YOGA	FUSION YOGA
4:45 PM						FIT30 - STRENGTH & CORE	FIT30 - STRENGTH & CORE
	STRENGTH AND AEROBICS		PILATES	POWER BAR			
5:00 PM					FIT30- STRENGTH & CORE		
					POWER BAR		
		STRETCH					
5:30 PM		FIT30 - HIT	FIT30 - HIT			FIT30 - HIT	FIT30 - STRETCH/MOBILITY
	PILATES		POWER BAR	VINYASA YOGA in the Creche			
6:00 PM	FIT30 - HIT		DEEP WATER AQUA				
				FIT30 - HIT			
		ZUMBA					
6:30 PM		FIT30 - STRENGTH & CORE	FIT30 - STRETCH AT CRECHE		STRETCH		
6:45 PM	FIT30 - STRETCH AT CRECHE			FIT30 - STRETCH	FIT30 - HIT		
			ZUMBA				
7:00 PM	ZUMBA						

This timetable is valid from 9 April - 28 April 2024 and is subject to change

Class bookings are open 5 days and 1 hour before the class start time and cancellations can be made until one hour before the class start time

All participants must arrive no later than 5 minutes after class commencement

Please refer to our website for all timetable changes [www.innerwest.nsw.gov.au/akac/fitnesstimetable](http://www.innerwest.nsw.gov.au/akac/fitnesstimetable)

High Intensity	Mind Body	Aqua	Seniors	Mini Sessions
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## AQUA CLASSES

**Shallow Water Aqua** – A workout in the shallow pool utilizing not only the water itself but the pool bottom as a resistance to increase heart/ lung fitness, muscular strength/definition, and flexibility. Aqua fitness equipment may be used to enhance these benefits. Suitable for everyone.

**Deep Water Aqua** – A great workout in deep water. Buoyancy belts may be used as floatation and back support. This is a non-impact class delivering similar benefits as Shallow Water Aqua. Suitable for all fitness levels, however, water confidence is required.

**Warm Water Aqua** – Warm Water Aqua is a form of treatment conducted in a heated pool to help regain or enhance physical well-being. Exercises are a series of gentle movements performed in a pool maintained at 31 degrees to 32 degrees Celsius. Suitable for those rehabilitating injuries, with arthritis or those who don't feel confident in deep water. Duration is 45 minutes.

**Aqua Zumba** – This high-energy aquatic workout fuses South American Zumba rhythm and dance steps with a pool party. Aqua Zumba gives participants all the benefits of a challenging, fun, body-toning workout – in the water! Reduce stress, improve blood circulation, and tone your body with this fun and engaging session.

**Adult Swim Fit** – If you're looking to challenge yourself in the pool, Adult Swim Fit is for you! This one-hour structured program is great for those with a swimming background who want to be surrounded by like-minded people and are looking to keep fit in the pool.

All Gym/Swim members and Gym visit pass members can join this class, not Fitness Passport or Swim Visit Pass.

## MIND-BODY

**Pilates** – Mind/body series of exercises performed in a slow and controlled manner. Geared to improve posture, restore balance, align the body, and relieve muscular tension by targeting the abdominal and back muscles. Suitable for all.

**Power Pilates** – This class is designed to take your Pilates to the "Next Level" in terms of strength, endurance, agility, and flexibility. Lengthen and strengthen your body with the ultimate Power Pilates workout. This class combines principles with the use of equipment such as pilates rings, pilates balls, or dumbbells.

**Hatha Yoga** – An intelligent nurturing, non-competitive way of bringing all aspects of our lives and ourselves into balance and harmony. Has major therapeutic value and is suitable for all ages and physical conditions.

**Vinyasa Yoga** – Vinyasa means "breath-synchronised with movement". You move from one pose to the next with the breath leading your movement ensuring the poses flow together smoothly and seamlessly. This style of yoga is alignment-oriented to maximize benefits and minimize the possibility of injury. Suitable for everyone whatever age, strength, flexibility, or fitness levels.

**Power Yoga** – A fast-paced style of yoga that's focused on building strength and endurance.

**Fusion Yoga** – Using elements of several yoga styles and focusing on alignment this class features poses to suit all abilities. Provides a great foundation for all yoga practice and is a great stress management tool.

**Stretch** – A comprehensive class to help improve your range of movement and iron out any stiffness you may have from your activities of daily life. A range of floor work is provided under the watchful eye of an instructor to help you get the most out of your stretching.

## HIGH-INTENSITY CLASSES

**Power Bar** – A cross-training workout using cardiovascular, bodyweight, and weighted exercises to add variety to your routine and keep your body guessing. This workout will get you sweating to a high-energy soundtrack.

**Strength and Aerobics** – A fun class that mixes rhythmic aerobic exercise and strength training routines using dumbbells is great for the mind and the body improves your well-being and puts a smile on your face as you jam to some of your favourite beats. This class is for anyone at any level.

**Bootcamp** – Resembling a military boot camp, this is a rigorous outdoor group fitness session where you will be pushed past your limits. Expect a combination of circuits, interval, cardiovascular, and strength training including boxing and sprints in a park setting. Join us outdoors on sunny days for an invigorating session or indoors during inclement weather.

**Cardio Boxing** – A great class essentially working both the upper and lower body. A stimulating and effective class that burns fat and increases your fitness. A full-body workout that will keep you moving the whole time. A great class to relieve stress. Important note – this class occurs outdoors. Participants are encouraged to wear sunscreen, a hat, and sun-protective clothing.

**Boxing** – Develop fundamental techniques and strategies for boxing. Learn proper footwork, punches, and defensive maneuvers, while improving your speed and agility. Whether you're a beginner or have some experience, this class will help you enhance your boxing skills and overall fitness level in a safe and supportive environment – this class occurs outdoors. Participants are encouraged to wear sunscreen, a hat, and sun-protective clothing.

**Strength on the Ball** – The class is an invigorating and dynamic fitness class that harnesses the power of the Swiss Ball to deliver a full-body workout like no other. This high-energy session combines strength training exercises with the stability and challenge of the Swiss ball to target and tone your muscles from head to toe.

**Zumba** – take the "work" out of a workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

## SENIORS CLASSES

**Strong Seniors** – A combination of cardiovascular and resistance training with a balance component for those who are more able and looking for a challenge. Designed specifically for seniors to assist with bone density, balance, and increasing overall fitness levels. Some fit balls or free weights are included.

**Seniors' total well-being** – A unique blend of strength, aerobics, balance, and flexibility, *Seniors Total Wellbeing* delivers a total-body conditioning experience, whilst maintaining a mild and achievable pace. If you're looking to level up from our *Active Seniors* program, then this is the ideal class for you.

**Zumba Gold- Zumba for seniors** – Perfect for adults who are looking for a modified Zumba class that recreates the original moves you love at a lower- intensity. This class focuses on balance, range of motion, and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance.

## MINISESSIONS

**FIT 30 – HIT** – Make the best out of your cardio day! From sprints to recovery, your workout will be intense yet open to all levels. Fit 30 HIT includes Bikes and rowers. Kinesis machines.

**FIT 30 – Strength & Core** – Training workout using body weight and weighted exercises Include: Dumbbells, Kinesis machines, and more. Open to all levels

**FIT 30 – Stretch & Mobility** – This class will include a combination of core-specific movements as well as a full-body stretch to help increase flexibility and assist with recovery. Suitable for participants of all levels with exercise modifications provided.

**FIT 30 – Active Seniors** – A fun-filled low to moderate-intensity class for non-exercisers, people at risk of heart disease, and people returning to exercise from a cardiac event (post-rehab). This is a perfect introductory class for our Strong Seniors class or for someone wanting to get moving again.