

Aquatic Class Timetable

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
early morning		aquafit 6.15am 45 mins		aquafit 6.15am 45 mins		swimfit 6am 90 mins	aquafit mums 9am 45 mins
late morning		PrYme aqua 11.30 45 mins			PrYme aqua 11.30 45 mins	deep aqua 10am 45 mins	PrYme aqua 10am 45 mins
	deep aqua 12.15pm 45 mins			deep aqua 12.15pm 45 mins			
lunch	swimfit 12.15pm 60 mins		swimfit 12.15pm 60mins		swimfit 12.15pm 60 mins		
	aqua GOLD (warm water) 1.30pm 45 mins		aqua GOLD (warm water) 1.30pm 45mins		auqa GOLD (warm water) 1.30pm 45mins		
afternoon	deep aqua 6.30pm 45 mins	deep aqua 6.30pm 45 mins		aquafit 6.30pm 45 mins			
evening		stroke correction swimfit 6.30pm 90 mins		stroke correction swimfit 6.30pm 90 mins			

AQUA (DEEP) challenges you with fun and impact free exercises designed to improve balance, agility, posture, flexibility and core strength. This class uses water resistance for strength gains combined with a cardiovascular component for toning and fitness.

AQUAFIT uses water resistance to increase cardiovascular fitness, for strength gains and toning while still remaining low impact on the joints. Aquafit accommodates all fitness levels allowing participants to use either shallow or deep sections of the pool.

AQUA GOLD (WARM WATER) aims towards the active senior, this gentle exercise class is conducted from the Program Pool, yet still delivers the benefits and workout of an aqua class.

AQUAFIT MUMS lets you exercise safely and keep fit while you are pregnant. It's a fun water based form of exercise specifically designed for pregnancy and postnatal recovery. Suitable from 14weeks of pregnancy and 6weeks after giving birth.

SWIMFIT is a fitness program encompassing both land and pool elements with a focus on improving swimming fitness and ability. Starting with a stretching and strength program (30 min) and followed by a comprehensive swimming session (1 hr). Lunch time swimfit is only a 1 hr swim session.

PRYME AQUA has no complicated movements – just good music and fun! Designed to improve coordination, flexibility, balance and posture. Incorporating both resistance and low-impact cardiovascular exercises with the use of light dumbbells, noodles and other equipment.

Check out our NEW mobile website for full programs and timetable access.
www.itac.org.au



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Ian Thorpe Aquatic and Fitness Centre

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Group Fitness

We offer a variety of fitness classes for a diverse range of people



CITY OF SYDNEY
city of villages

Group Fitness Class Timetable

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
morning	power Yoga 6.15am 55 mins	body pump 6.15am 55 mins	body balance 6.15am 55mins	body pump 6.15am 55 mins	boxing 6.15am 55mins	body pump 7.30am 55 mins	
						body balance 8.35am 55 mins	
						body combat 9.35am 55 mins	body balance 9.35am 55 mins
						power yoga 10.30am 90 mins	
lunch	body pump 12.30pm 45 mins	vinasa yoga 12.30pm 45 mins	energy 12.30pm 45 mins	pilates 12.30pm 45 mins	power yoga 12.30pm 45 mins		
afternoon	body combat 5.45pm 45 mins	energy 5.45pm 45 mins	boxing 5.45pm 45 mins	body pump 5.45pm 45 mins	body balance 5.45pm 45 mins	body pump 4pm 45 mins	
afternoon	body pump 6.35pm 55 mins	Power yoga 6.35pm 55 mins	body combat 6.35pm 55 mins	hatha yoga 6.35pm 55mins			
Evening	body balance 7.35pm 55 mins	zumba 7.35pm 55 mins	yogalates 7.35pm 55 mins	zumba 7.35pm 55 mins			

IMPORTANT: This timetable is an indicative guide and may be subject to change to best meet the needs of all the members. Please refer to the main notice board outside the gym for the most up to date timetable information. please bring a towel and water bottle to each class. Appropriate footwear must be worn and age restrictions apply to some classes.

Gym Floor Class Timetable

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
morning	bodyblitz 6.15am 45 mins		ab blast 6.15am 30mins				
	PrYme life 10am 45 mins	PrYme life 10am 45 mins	PrYme start 10am 45 mins	PrYme active 10am 45 mins	PrYme strength 10am 45 mins		
lunch	dad mum n bubs 11am 45 mins *	dad mum n bubs 11am 45 mins *	dad mum n bubs 11am 45 mins *	dad mum n bubs 11am 45 mins *	dad mum n bubs 11am 45 mins *		stretch 11.30am 30 mins *
	teen gym 3-5 pm *		teen gym 3-5 pm *		teen gym 3-5 pm *		teen gym 3-5 pm *
evening	ab blast 7pm 30mins *	ab blast 6pm 30mins *	ab blast 7pm 30mins *	ab blast 6pm 30mins *	bodyblitz 6pm 45 mins		

Groups on our family memberships are encouraged to attend classes indicated with a *

Indoor Cycling Studio

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
morning		spin 6.15am 45 mins	spin 6.15am 45 mins	spin 6.15am 45 mins		spin 8.35am 45 mins	
lunch	spin 12.30pm 45 mins	spin 12.30pm 45 mins		spin 12.30pm 45 mins			
afternoon	spin 6.35pm 45 mins	spin 6.35pm 45 mins				spin 4pm 45 mins	

Group fitness class description

SPIN a non-impact indoor cycle class that is as much about inspiration as it is perspiration. Sessions cater for all levels of experience and fitness. An excellent fat burning class where you control the intensity. No coordination required.

BODY BALANCE combines the many beneficial and splendid aspects of Yoga, Tai Chi and Pilates, this workout is set to inspiring and uplifting music to help flexibility and strength, leaving you feeling centred and calm.

BODY COMBAT an adrenaline pumping cardio workout based on many disciplines of martial arts such as Karate, Tai Kwan Do, Kickboxing, Muay Thai and Capoeira.

BODY PUMP is the ultimate barbell workout with all the benefits of weight training using adjustable weights in a friendly environment and set to great music. All welcome!

BOXING is a boxing style workout combining impact and cardio training. Have fun learning new skills and improve coordination.

ENERGY is designed to target all areas of fitness in one class. Based around an interval training format where bursts of aerobic activity are separated by sessions of resistance training and abdominal/core work.

PILATES is a class that teaches a unique method of body control and conditioning, focusing on alignment and positioning while encouraging the deeper trunk muscles to strengthen.

YOGA (POWER) increase strength, energy and vitality through dynamic movement with meditation designed to improve body awareness, physiological and anatomical alignment.

YOGA (HATHA) helps overcome daily stress and increase wellbeing by working with posture (asana), breathing (pranayama) and relaxation (yoga nidra).

YOGA (VINYASA) is characterised by the relationship between breath and dynamic movement, Vinyasa Yoga places attention on the journey between postures, not just the postures themselves.

YOGALATES is a fusion of the very best of Yoga and Pilates. Working on strength and body awareness through control of the body's core postural muscles as well as relaxation and flexibility.

ZUMBA is a calorie burning, body energising and awe inspiring movement! Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a session like no other, no matter the fitness level. There are no wrong moves in Zumba!

Gym Floor class description

DADS, MUMS 'N' BUBS is a training session designed to give dads and mums the opportunity to participate in a structured training session, while having their child supervised by one of our staff or in a pram next to them during the session. An excellent chance for parents of young children to socialise and share health & fitness goals. Suited to parents of children aged 0-5 years.

PRYME ACTIVE is a class aimed at maintaining heart and lung health. Enjoy a cardiovascular based workout specifically designed for mature adults.

PRYME START lets you reclaim control of your body. Designed for the mature adult starting or returning to exercise. Focus on gentle movements to increase strength, fitness and cardiovascular health. This slower paced class is perfect for beginners.

PRYME LIFE has a mixture of movements geared towards building balance and coordination. Enjoy a variety of classes whilst you meet and have fun with other prYme participants.

PRYME STRENGTH is a resistance workout designed to assist with muscle and joint strengthening. Improve strength, stability and balance to ensure enhanced everyday living!

STRETCH is a floor based class with emphasis on stretches to increase and maximise joint and muscular flexibility.

TEEN GYM utilises a full extent of gym equipment, trainers provide an introduction to the gym specifically tailored for teenagers.