

**GROUP FITNESS TIMETABLE**

STARTING OCTOBER 02 2023

**STAFFED HOURS**

Monday—Thursday 9.00am—6.00pm

Friday 9.00am—5.00pm

Saturday 8.30am—11.30am

Sunday and Public Holidays Unstaffed

GROUP FITNESS ROOM

CYCLE STUDIO

FUNCTIONAL ZONE

GX / CYCLE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.30 am	HIITCircuit + 45min		BodyCombat 55min		HIITCircuit + 45min	
6.00 am		LM Sprint 30 min		LM Sprint 30 min		
7.00 am						LM Sprint
7.35 am						LM Sprint
8.00 am						Yoga 55 min
9.00 am		HIITCircuit 30 min	LM Sprint 30 min	HIITCircuit 30 min		BodyPump 55 min
9.15am	BodyPump 55 min				BodyCombat 55 min	
9.30 am		Yoga 55 min	RiseDanceFit 45 min	BodyPump 55 min		
10.20 am	SuperSeniors 45 min		SuperSeniors 45 min		SuperSeniors 45 min	
5.00pm	LM Sprint 30 min			LM Sprint 30 min		
5.30 pm	BodyPump 55 min	HIITCircuit + 45 min	BodyCombat 55 min	Yoga 55 min	Yoga 55 min	
6.30 pm	ClubFiesta 45 min	BodyPump 55 min		BodyPump 55 min		
FUNCTIONAL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.30 am	BATTLEGROUND		BATTLEGROUND		BATTLEGROUND	
7.30 am						BATTLEGROUND
9.30am	BATTLEGROUND	BATTLEGROUND	BATTLEGROUND	BATTLEGROUND	BATTLEGROUND	
6.00 pm	BATTLEGROUND	BATTLEGROUND	BATTLEGROUND	BATTLEGROUND		

\*bookings essential for BattleGround—please see reception for details

2/600 Baldivis Rd

Baldivis WA 6171

08 9500 8666

[www.genesisfitness.com.au/gym/wa/baldivis](http://www.genesisfitness.com.au/gym/wa/baldivis)

# OUR CLASS GUIDE

BEST RESULTS			
FITNESS	STRENGTH AND TONE	WEIGHT-LOSS	WELLNESS

BATTLE GROUND	Using the latest fitness technology, and scientifically proven progressive programming, Battleground produces serious results. Our best personal trainers will teach you the finer details of movement technique and help you to achieve serious goals. You will move through Battleground phases making noticeable changes in strength, fitness, and body composition. Battleground is backed with the highest levels of support and accountability from your coaches. Bookings are essential for this class.	Best Results	Best Results	Best Results	
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.	Best Results	Best Results	Best Results	
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.		Best Results	Best Results	
LES MILLS SPRINT	Sprint is a workout built on the science of HIIT — high intensity interval training. Using a stationary bike, it's a quick and intense style of training that returns rapid results with minimal joint impact.	Best Results		Best Results	
SUPER SENIORS	Specially designed for the over-55s to safely maintain fitness, strength, and flexibility. Suitable for both veteran gym goers and new comers.		Best Results		Best Results
YOGA	A flowing and meditative class for healing and restoring balance within the body, mind, and spirit. Improve muscle tone, flexibility, strength, and stamina.		Best Results		Best Results
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.	Best Results		Best Results	
RISE DANCE FIT	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.	Best Results		Best Results	
HIITCIRCUIT PLUS	HIITCircuit Plus is a HIIT-based 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. We round this workout out with the addition of targeted isolation exercises guaranteed to work your core and postural muscles.	Best Results	Best Results	Best Results	