

GROUP EXERCISE							Class Duration: 60 minutes	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5.45am	BODYPUMP®	BODYSTEP®	BODYPUMP®	NEW BODY	MAT PILATES			
7.00am	YOGA		MAT PILATES	YOGA		BODYSTEP® 7.30am		
8.05am							BODYATTACK®	
8.30am	BODYPUMP®	BODYSTEP®	NEW BODY	BODYATTACK®	BODYSTEP®	BODYPUMP® 8.35am		
9.05am							BODYPUMP®	
9.35am	BODYATTACK®	BODYPUMP®	YOGA 9.45am	BODYBALANCE®	BODYPUMP®	YOGA 9.45am		
10.35am	MAT PILATES	BODYBALANCE®			MAT PILATES			
3.15pm							BODYBALANCE®	
4.30pm	MAT PILATES	ABT		BODYPUMP®				
5.35pm	BODYSTEP®	BODYATTACK®	BODYPUMP®	ZUMBA®	BODYPUMP®			
6.35pm	ZUMBA	BODYBALANCE®	MAT PILATES					

GROUP REFORMER (GRC) * See reverse for 'need to know'							Class Duration: 45 minutes	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5.30am	GRC		GRC					
7.00am		GRC				GRC 7.15am		
8.15am	GRC	GRC	GRC	GRC	GRC	GRC	GRC	
9.15am	GRC	GRC	GRC	GRC	GRC	GRC	GRC	
10.00am	GRC	GRC	GRC Refine		GRC			
1.45pm	GRC			GRC				
4.45pm	GRC Refine		GRC					
5.30pm		GRC						
6.30pm	GRC			GRC				

GROUP CYCLE (RPM)							Class Duration: 45 minutes	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5.45am	RPM™	RPM™			RPM™ 5.30am 60min			
7.15am						RPM™		
9.30am	RPM™			RPM™				
4.30pm			RPM™					
5.30pm	RPM™			RPM™				
6.00pm		RPM™						

OPENING HOURS

Monday to Thursday 5.25am – 8.00pm
 Friday 5.25am – 7.00pm
 Saturday 7.00am – 5.00pm
 Sunday 8.00am – 11.00am, 3.00pm – 5.00pm

Change rooms and exercise areas are to be vacated 5 minutes before closing time.

PLAYROOM HOURS

Monday to Saturday 8.25am – 10.55am
 Public Holidays Closed

Age Limit: 6 weeks to prep (5/6 years).
 Time Limit: Maximum stay is 1hour 20minutes.
 Members may only bring their own children into the Playroom.



✓ Build Strength ✓ Get Lean & Toned

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

✓ Improve Fitness ✓ Burn Calories

BODYSTEP An energising workout that is fun, fun, fun! Moving on, over and around an adjustable height step, you'll push your fatburning systems into a higher gear.

BODYATTACK A sports-inspired cardio workout. This high energy interval training class combines athletic aerobic movements with stabilising strength exercises.

NEW BODY A low impact fitness and toning workout that uses light hand weights. New Body is easy to follow and suitable for all fitness and co-ordination levels.

RPM A cycling workout that delivers maximum results with minimum impact on your joints. Tune in to some great music and get your pedals spinning as you journey through climbs, sprints and flat riding. You control your own resistance level so you can build your fitness over time.

✓ Have Fun ✓ Join the Party

ZUMBA The fun way to get fit! Zumba is a popular dance class that works every muscle in your body. Suitable for everybody and every body... Zumba is a workout in disguise!

✓ Improve Flexibility ✓ Build Strength

BODYBALANCE A holistic workout that builds flexibility and strength by combining elements of Yoga, Tai Chi and Pilates. Find harmony and balance through controlled breathing, concentration and a structured series of stretches and poses set to music.

YOGA Make this super-healthy practice a part of your exercise week. Our teachers combine clear language and straightforward instruction with a conscious focus on breath and correct physical alignment in the poses. This class is well-suited to all levels of experience and flexibility.

✓ Improve Posture ✓ Increase Core Strength

ABS / BUTTS / THIGHS Intense and targeted Pilates toning workout focussed on sculpting stubborn areas of the body. ABT is a class for all Pilates addicts!

MAT PILATES Drawing from classic and contemporary Pilates methods, this class combines functional movements and controlled exercises, enhanced with clever Pilates props.

GROUP REFORMER CLASSES Group Reformer Classes (GRC) offer enjoyable but challenging body toning workouts using a Pilates Reformer. A Reformer is a piece of equipment that is simple to use and easily tailored for all levels with its innovative spring resistance setting.

***Need to Know**

- Collect a ticket from the Ticket Kiosk up to 30 minutes before class starting time, or...
- Jump the queue and book online at workout.net.au up to 7 days in advance (small booking fee applies).
- Pilates grip socks are compulsory (can be purchased at the front desk).
- Please be on time for your class as there is no late admittance.

GRC REFINE An open level class focused on teaching movement principles and developing an intuitive understanding of Pilates. This total body workout is a must-do supplement to your GRC & Mat Pilates and is also ideal for those new to Pilates, returning from injury, illness or pregnancy.

GRC An accessible but athletic total body workout focused on challenging your stability, stamina and control. With a fitness based approach, movements are sequenced so they run together, with less rest and more intensity. This is an open level class and is suitable if you are in general good health. Not suitable if you have an injury or pathology.

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Share your pics with #workoutindooroopilly to help spread the Workout love!

WORKOUT WITH FRIENDS



Have a special someone in your life who will benefit from exercise? Then share the Workout love by inviting them to a free class or workout... if they join you will both get two weeks free membership! To qualify simply fill in the Workout with Friends form (workout.net.au, Workout Indooroopilly App or at the Front Desk).

