























URAC Group Exercise Program

27th July 2009 to 21st February 2010

Weekday Classes

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
6:45am	--	 LESMILLS BODYPUMP	cardioBOX	 LESMILLS BODYPUMP	--
7:15am	AquaRUNNING*	--	AquaRUNNING*	--	AquaRUNNING*
12:35pm	 LESMILLS BODYPUMP	B.A.T	 LESMILLS BODYPUMP	 LESMILLS BODYCOMBAT	 LESMILLS BODYPUMP
12:35pm	 LESMILLS BODYBALANCE	--	 LESMILLS BODYBALANCE	Yogastretch	corefocus
12:35pm	--	BodyCIRCUIT	--	BodyCIRCUIT	--
4:05pm	--	--	 LESMILLS BODYCOMBAT Technique	--	--
4:35pm	B.A.T	bodyBURN	 LESMILLS BODYCOMBAT	 LESMILLS BODYPUMP	B.A.T
4:45pm	BODYBLAST	cardioBOX	--	--	--
5:35pm	 LESMILLS BODYPUMP	 LESMILLS BODYCOMBAT	 LESMILLS BODYPUMP	bodyBURN	 LESMILLS BODYPUMP
5:35pm	Yogastretch	 LESMILLS BODYBALANCE	Yogastretch	--	--
5:45pm	cardioBOX	BODYBLAST	cardioBOX	cardioBOX	--
6:35pm	 LESMILLS BODYBALANCE	 LESMILLS BODYPUMP	B.A.T	--	--

Weekend Classes

Time/Day	Saturday	Sunday
9:05am	--	 LESMILLS BODYPUMP Technique
9:35am	 LESMILLS BODYPUMP	 LESMILLS BODYPUMP
10:35am	 LESMILLS BODYBALANCE	--

Notes and Rules:

- * Indicates classes are 45 minutes in length. All other classes are 60 minutes.
- Remember to bring a towel to class or buy one at reception.
- **Age Restrictions:** Pump and boxing - participants must be over the age of 16. All other classes are over 14.
- URAC reserves the right to alter this schedule.
- The schedule will change during RECESS periods.
- There are no classes on Public Holidays.
- AquaRUNNING will continue as long as weather permits. Please check notice boards @ front desk for updates.
- **NO ENTRY TO CLASSES 5 MINUTES AFTER THE ADVERTISED STARTING TIME!**
- **Please note:** if you have any serious medical conditions, injury or are pregnant you must get medical clearance BEFORE participating in a class.

Class Descriptions

Class Description	Intensity	Complexity
AquaRunning: A great cardiovascular work-out using water based training. Great for recovery & injury rehabilitation. Suitable for the beginner to the advanced participant.	Medium	Low
B.A.T (Butts, Abs & Thighs): A shorter high intensity aerobic component is followed by an intense toning & strengthening work-out concentrating on buttocks, abdominals & thighs.	Medium	Medium
BodyCIRCUIT: Is a highly effective full body workout. This 45min dynamic class alternates cardiovascular with muscular endurance stations. A great lunchtime workout. Set your own pace, no coordination required, Suitable for all levels and ages. This class will be held in the Health Club.	Low to High	Low
BodyCOMBAT: An energetic group exercise class involving moves & stances developed from a range of self-defence disciplines such as Karate, Boxing & Tai Chi, which stimulates the mind & body to work better. It is fast becoming the number one martial arts work-out in the world.	Medium to High	Low to Medium
BodyBALANCE: A dynamic fitness-to-music class combining Yoga, Tai Chi and Pilates that leaves you feeling relaxed and renewed. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses creates a holistic workout that brings the body into a state of harmony and balance.	Low	Low
BodyBURN: A medium intensity aerobic component, using basic moves on a STEP REEBOK platform, with a focus on sculpting & toning the lower half of the body, while working in a fat burning zone.	Medium	Medium
BodyPUMP: Weights to Music. A pre-choreographed non-impact class created to condition shape & tone the entire body. Utilising a barbell with adjustable weights, PUMP is as hard or easy as you want. WARNING – PUMP will change the shape of your body!!!	Medium to High	Low
CardioBOX: An intense cardiovascular work-out including boxing skills to improve muscular endurance & power. Includes NO choreography.	High	Low
BodyBLAST: A dynamic CIRCUIT class which alternates aerobic stations with muscle resistance stations. Aimed at improving cardiovascular fitness and muscle tone. Get your heart pumping and your body moving. No coordination required. Suitable for all levels.	Medium to High	Low
YogaSTRETCH: This is a non-progressional class involving basic yogic moves that specialises in flexibility. This class cultivates a calm, yet alert energy, mental & physical well-being, flexibility & strength, through yogic poses & breath awareness.	Low	Low
CoreFocus – New Class: This is a 45 minute class designed to build core stability as you strengthen and tone your abs, back and lower body, as well as improving overall posture. This class will include Pilates, yoga abdominal and core conditioning exercises.	Low	Low

Please Note: You can work to your own level of fitness in all of our classes!