




For more information visit
www.krc.ymca.org.au

CLASS	DESCRIPTION	DURATION	INTENSITY	BURN RATE	EQUIPMENT	RESULT
LES MILLS BODYBALANCE	Inspired by yoga, tai chi and pilates; leaving you strong, calm and centered	55 Minutes	Low	Average of 390 calories	Yoga mat (supplied)	Improves joint flexibility, tones and shapes, enhances mental well-being
LES MILLS BODYPUMP	Weight-based resistance training for a total body workout	55 Minutes	Moderate to High	Average of 620 calories	Barbell, plates and steps	Increased strength and endurance, tones and shapes
LES MILLS BODYSTEP	An invigorating combo of uplifting highs; steps, lunges and squats to really work your legs	55 Minutes	Moderate to High	Average of 620 calories	Barbell, plates and steps	Increased strength and endurance, tones and shapes
LES MILLS CXWORX	Core strength training scientifically based express workout	30 Minutes	Moderate	Average of 230 calories	Resistance tubes and weight plates	Tones core muscles, functional strength (balance, mobility and injury prevention)
LES MILLS GRIT™	Strength and cardio workouts designed to improve strength and build lean muscle	30 Minutes	High	Average of 300 calories	Barbell, plates and steps	Strength, fitness and build lean muscle
LES MILLS RPM	Cycling cardio, high intensity interval training – increase your pulse and results!	45 Minutes	Moderate to High	Average of 580 calories	Indoor stationary bikes	Improves heart and lung fitness, increases strength and endurance
 Yoga	Utilising a range of movements and motions set to music that will improve your mind, your body and your life	55 Minutes	Low	Average of 290 calories	Yoga mat (supplied)	Improves joint flexibility, strengthens core
 Box Fit	An awesome sweat session involving boxing combinations, cardio drills, and specific boxing exercises using gloves and pads	55 Minutes	Moderate to High	Average of 530 calories	Pads and gloves (supplied), BYO inners/wraps	Increased cardio fitness, core strength, coordination, and stress relief
 Spin	Cycling interval-based cadence training takes your classes through sprints, hills and mountains	45 Minutes	Low	Average of 350 calories	Stationary bikes	Improves heart & lung fitness; Increases strength & endurance
metafit	Full body weight HIIT training – Combination of strength, Plyometrics and core. Designed to keep your body burning calories for up to 24hrs post workout	30 Minutes	High	Average of 300 calories	Bodyweight	Boosts metabolism, burns fat, improves strength, speed and cardiovascular fitness

PARTICIPATION REQUIREMENTS

- Please obtain a ticket for all classes from Customer Service prior to class commencement.
- Bring a towel and drink bottle to all classes.

CLASS ETIQUETTE

- No entry if more than 5 minutes late for class
- Please bring a towel and water bottle
- Please notify reception of your arrival and indicate class selection
- Closed in toe shoes must be worn
- Age restrictions apply

ACTIVE YOUTH 13Y - 15Y

Active Youth members have access to all group fitness except BodyPump and GRIT

ACTIVE ADULTS 60Y+

Active Adults members have access to Pryme Movers, BodyBalance and YOGA.

OPENING HOURS

Monday to Thursday : 5.30am - 9.00pm
 Friday : 5.30am - 8.00pm
 Saturday : 7.30am - 5.00pm
 Sunday : 10.00am - 6.00pm
 Public holidays : 9.00am - 5.00pm

Closed Good Friday, ANZAC Day, Christmas Day

GROUP FITNESS TIMETABLE

Starting 9 July 2018



71 Sadadeen Road, Alice Springs, NT 0870








P: 08 8952 5666

E: reception.krc@ymca.org.au

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GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am					 Spin		
9.00am	LES MILLS BODYPUMP	 Yoga	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP LES MILLS RPM	
10.00am						LES MILLS CXWORX	
10.30am		 Pryme Movers					
3.30pm							LES MILLS BODYPUMP
4.30pm							LES MILLS BODYBALANCE
5.00pm	LES MILLS BODYPUMP   Box Fit	LES MILLS CXWORX	metafit.	LES MILLS CXWORX	LES MILLS GRIT™ STRENGTH		
5.30pm		LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE			
5.45pm	LES MILLS BODYSTEP 	LES MILLS RPM		LES MILLS RPM			
6.40pm			 Yoga				