



# MACQUARIE UNIVERSITY SPORT & AQUATIC CENTRE

## Group Fitness Timetable – Wellbeing Month

POOLSIDE STUDIO – 45 minute classes   *30 minute classes					
	MON	TUES	WED	THU	FRI
10AM					
12PM					
1PM					
4.15PM					

COURTYARD STUDIO – 45 minute classes					
	MON	TUES	WED	THU	FRI
12PM					
4PM					

**ABS360** A freestyle core conditioning workout that will strengthen the abs 360 degrees, targeting upper, lower abs and obliques.

**BODYBALANCE®** A fusion of Yoga, Tai Chi and Pilates style training choreographed to music leaving you in a state of harmony.

**BODYATTACK®** A fun sports-inspired, high energy and big calorie burning workout. High and low impact options to suit all fitness levels.

**BODYPUMP®** The original barbell workout. Improve endurance and strength, targeting all the major muscle groups of the body.

**BODYSTEP** will Improve coordination and agility, get your heart rate up, increase cardio fitness, burn calorie and shape your butt and legs.

**\*CXWORX®** A 30-minute workout with dynamic strength training that targets the core, glutes and back.

**GROOVE & TONE** A freestyle class filled with dance styles like pop, salsa, hip hop and more! A fun class with light resistance used.

**PILATES** focuses on achieving proper postural alignment, core strength and muscle balance through precise movement and breathing.

**YOGA** A slower paced class, providing a good intro to Yoga poses which aid to strengthen the body, improve flexibility, and calm the mind

**ZUMBA** Dance styles like hip-hop, samba, salsa, mambo and merengue. Great for fitness and big calorie burn!