

GROUP PERSONAL TRAINING SESSIONS

Note: Basic gym membership does not include Group Personal Training Programs.
For prices and times please inquire at Y-West Reception.



Weight Loss for Women/ Men with Guts:

Our 'Weight Loss for Women' and 'Men with Guts' Programs bring together a proven formula for effective weight loss and lifestyle change. This program is not just about losing weight, it's about changing your life, becoming fitter and healthier in 12 weeks and learning how to keep the change. 1 hour group sessions, 2 times per week for 12 weeks. Train and lose weight with other women/men just like you. 12 week rapid results eating plan. Ongoing nutritional and motivational support. Regain the energy and confidence to live the way you want. AM and PM sessions available.



BOOTCAMP:

Bootcamp YMCA is an outdoor training program designed to challenge your body and mind. It caters for all fitness levels from the beginner through to the advanced. It runs for 1 hour, three times p/wk, for a 4 week period, come hell or high water. If it rains... we train, if it hails... we train! This program is all about getting results in a short period of time. You'll be amazed at what you can achieve over 12 sessions. Sessions held Tuesday & Thursday at Y-West and Saturday at Riverside Rocks Park, 17 Mile Rocks.



Teen Fitness:

Australian teenagers are becoming less active and more overweight. When they are unhealthy they have less confidence and coping mechanisms to deal with what life throws at them. Through our teen fitness program, we teach and train teenagers 12-16 years that leading an active, healthier lifestyle now, will enable them to deal with the pressures that go with being a teenager. 1 hour group sessions 3 times p/wk. Weight training and cardiovascular conditioning with a developing teenager's body in mind. A fun, controlled exercise environment under the guidance of qualified trainers. Sessions are held on Monday, Wednesday & Friday from 4pm to 5pm.



Happy Mums:

A happy Mum means a Happy Family! 1 hour group Personal Training session 2 times p/wk. Build a trim, strong tummy and shape your body. Boost your energy and metabolism with greater fitness and strength. Regain a healthy lifestyle balance and keep it that way. Learn to adopt a healthy, balanced way of eating. Learn to use weights safely and effectively. Learn the importance of core stability for women. Train with a support network of other mums/women just like you. Sessions are held from Monday to Friday from 9.30am to 10.30am.



Premium Group:

The Premium Group is a great option for those who enjoy group training sessions. The membership includes full gym access plus 2 group training sessions per week with one of our personal trainers. We provide AM and PM sessions on Monday and Wednesdays. Structured training sessions will help you maintain your focus towards achieving your fitness goals.

GROUP FITNESS Timetable Effective July 2010

Y-WEST Sports, Fitness & Community Centre



Y-WEST Sport, Fitness & Community Centre

76 Andaman Street, Jamboree Heights

Ph: (07) 3376 4266 Fax (07) 3279 5492

www.ymcafitness.com/ywest



GROUP FITNESS TIMETABLE

Note: Class times are subject to change. Notification of changes will be displayed at Reception.

AM	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5.35am		RPM	Body Pump	RPM			
6.00am					Thump		
8.00am						Thump	
8.30am	Pilates Combined					RPM	
8.35am	Fat Burner	Body Pump	Pilates Level 1 & 2 (band class)	ABT's	Body Pump	Pilates Level 1 & 2 (BYO ball)	
9.00am							
9.30am	RPM	Body Step	ZUMBA®	RPM Stretch	ZUMBA®		
10.30am	Gentle Class	Lite Pace		Gentle Class	Lite Pace		

PM	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5.30pm	Body Pump	FITBOX	Body Step	ABT's			
6.00pm	RPM				Body Pump		
6.30pm	Body Step Pilates Level 1 & 2	ZUMBA®	Body Pump RPM	FITBOX			
7.30pm	Pilates Beginners						

Important Notice to Members

IMPORTANT NOTICE TO MEMBERS:

This timetable is an indicative guide & may be subject to change to best meet the needs of all members. Please refer to the main notice board for the most up to date timetable information.

FOR YOUR COMFORT, SAFETY AND CONSIDERATION TO OTHER MEMBERS:

Please bring a towel and water bottle to each class. Appropriate footwear must be worn. Please inform the instructor of any injuries/health problems prior to class starting. For your safety, we do not recommend for you join a class once the warm-up phase of the class has finished.

CLASS DESCRIPTION

FITBOX Fantastic 60 minute cardio workout. Circuit format - using basic boxing techniques, bag work & cardio segments. Suitable for men & women of all fitness levels. Boxing inners are required & are available at reception for \$1.

BODY PUMP BODYPUMP is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music & your choice of weight inspire you to get the result you came for!

BODY STEP BODYSTEP is the energizing step workout using a height-adjustable step & simple movements on, over and around the step. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape & tone your body.

ZUMBA® Zumba® is an energetic mix of Latin dance with fun easy-to-follow routines combining lots of hip action & cardio. Zumba® is perfect for beginners as the steps are easy to follow. Guarantees a great all over body workout as well as giving your coordination a workout too.

HI/LO A solid aerobic workout that combines high & low impact moves for cardiovascular conditioning and fat burning.

FAT BURNER A low impact class that increases your cardiovascular conditioning without jumping.

RPM RPM is a fantastic stationary cycle workout. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials & interval training. Discover your athlete within – sweat & burn to reach your endorphin high.

LIGHT PACE An aerobic & muscle conditioning workout at a mild pace. Great for beginners or the older person.

PILATES Class designed to focus on postural & movement awareness. Working the body from the inside – out, strengthening the deep stabilizing muscles of the abdomen, back, pelvis, neck & shoulders, whilst increasing mobility & flexibility. Beginner, Level 1 & 2, Ball & Band classes available. Booking essentials.

GENTLE CLASS An aerobic & muscle conditioning workout specifically designed for the Mature aged participant aged 50 years & over. A great workout in a social atmosphere.

STRETCH A 60 minute class that helps improve & maintain your flexibility.

ABT'S A solid workout focusing on the Abs, Butts & Thighs. For all fitness levels.

CROSS SPIN Cross-Spin mixes the benefits of indoor cycling with weights & core training, ensuring a full body work out the likes of which you have never seen before.

THUMP BOXING Thump trainers will provide you with a boxing for fitness based class. This class is a 1 hr workout focused on specific boxing drills & techniques while having fun & providing a great opportunity to relieve stress & burn body fat.