



Using the buoyancy, resistance and therapeutic effects of warm water to deliver an effective class for everyone, even non-swimmers. This class will improve your fitness and provide total body conditioning, then finally reward you with gentle stretching and relaxation.



AQUA MOBILITY is based on the Aqua Fitness format, but is conducted at a lower intensity, making it the ideal class for the over 50's, beginners, rehab patients, arthritis sufferers and pre or post-natal mums.



High intensity boxing-style training that will make you stronger and fitter. A complete cardio workout that trains your upper and lower body and enhances core strength. Build confidence, feel empowered and achieve your goals in this calorie burning class.



Pulse is a 30 minute strength and conditioning interval training program. Functional programming designed to challenge you to accelerate your strength, fitness and weight loss results.



The indoor cycling experience designed by our professional instructors, using fantastic music and physical challenges to maximise your enjoyment and results. 'Ride it like you stole it' to get fit and strong!



TRX Suspension Training utilises your bodyweight to develop strength, balance, flexibility and core stability simultaneously. This class focuses on functional, integrated movement patterns to deliver real results that transfer into everyday life.

NOTE: Although TRX is held in the Group PT Studio, it is included FREE in your normal membership.



Designed for adults aged 40+ to exercise safely and enjoyably, ultimately providing a better quality of life. Sessions include age and goal appropriate strength training, core and balance training, cardiovascular training, and stretching with fun, support and motivation.



Suitable for Yoga students of all levels, our classes provide plenty of postural instruction and are alignment focused. Sequences build strength, stamina, openness and clarity in body, mind and spirit.



Yoga, Tai Chi and Pilates combine to build flexibility and strength whilst leaving you feeling centred and calm. A carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



BODYCOMBAT- an empowering, martial arts inspired cardio workout. Drawing from an array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai, you'll strike, punch, kick and kata your way to fitness and unleash your inner warrior.



BODYPUMP is the original barbell class that strengthens your entire body. This high-repetition training challenges your whole body by using exercises like Squats, Presses, Lifts and Lunges. Build lean muscle, boost your metabolism and burn fat!



BODYSTEP is the addictive step workout that makes you feel energised and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear. Your legs will love it!



CXWORX® is the ultimate way to get a tight, toned core. With dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and lower body, CXWORX will leave you looking good and feeling strong.



RPM™ is the indoor cycling routine where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.



High-Intensity Interval Training Program using the Penalty Box for athletic moves for speed, strength, power, stability, and cardio performance!



Group Personal Training will accelerate your success with expert programming, motivation, accountability & support. Challenging and varied workouts, nutrition and lifestyle support in a small friendly group.

NOTE Group PT is available for a small additional fee



GROUP FITNESS TIMETABLE VALID FROM 12/01/2021

ENQUIRIES:

297 Commercial Street West, Mt. Gambier
08 8725 5351 enquiries@squashbrook.com.au

HOW TO READ THE TIMETABLE:

Program Designed by



Program Name

Class Duration

PLEASE REMEMBER...

- Strictly NO PHONES to be used once class starts.
- Wear appropriate clothing & shoes.
- Personal Hygiene.
- Bring a towel & water bottle.
- No late entry once class has started.

TRADING HOURS

Mon, Tue, Wed:	6:00am – 9:00pm
Thu, Fri:	6:00am – 8:00pm
Saturday:	7:30am – 2:00pm
Sunday:	7:30am – 2:00pm
Public Holidays: TBA	

KIDS CLUB

Mon - Thurs	9:00am – 12pm	5:00pm – 7:30pm
Friday:	9:00am – 12pm	
Saturday:	8:00am – 12pm	
Public Holidays: TBA		

SQUASHBROOK GROUP FITNESS TIMETABLE – EFFECTIVE JANUARY 12th 2021

GROUP FITNESS STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:00am		LES MILLS BODYPUMP 60	SQUASHBROOK YOGA 60	LES MILLS BODYPUMP 60		9:15am	LES MILLS CXWORX 45	
9:15am	LES MILLS BODYCOMBAT 60	SQUASHBROOK PULSE 30	LES MILLS BODYCOMBAT 45	LES MILLS BODYSTEP 60	LES MILLS BODYPUMP 60	10:00am	LES MILLS BODYCOMBAT 60	LES MILLS BODYPUMP 60
10:15am	LES MILLS BODYPUMP 45	LES MILLS CXWORX 45	LES MILLS BODYPUMP 60		SQUASHBROOK YOGA 60	11:00am	LES MILLS BODYBALANCE 45	
5:15pm	PENALTY BOX 30	LES MILLS CXWORX 30		LES MILLS BODYSTEP 60		 <p>Look Better, Feel Better, Live Better!</p>		
5:45pm	LES MILLS BODYCOMBAT 60	LES MILLS BODYPUMP 60	SQUASHBROOK PULSE 30					
6:15pm			LES MILLS BODYPUMP 45	LES MILLS CXWORX 30				
6:45pm		LES MILLS BODYBALANCE 60		SQUASHBROOK YOGA 45				

CYCLING STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:00am	LES MILLS RPM 45		LES MILLS RPM 60		LES MILLS RPM 45	8:15am	LES MILLS VIRTUAL RPM 45	
9:15am	LES MILLS VIRTUAL RPM 45	LES MILLS VIRTUAL RPM 30	LES MILLS VIRTUAL RPM 45	LES MILLS RPM 45	LES MILLS VIRTUAL RPM 30	9:15am		LES MILLS RPM 30
5:15pm	LES MILLS RPM 30	LES MILLS RPM 45				<p>VIRTUAL RPM CLASSES ON DEMAND NOW AVAILABLE FOR MEMBERS!</p>		
5:30pm			LES MILLS RPM 60	LES MILLS VIRTUAL RPM 45	LES MILLS RPM 45			
6:00pm	LES MILLS RPM 45							

GROUP PERSONAL TRAINING STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:00am	SQUASHBROOK GROUP PT	SQUASHBROOK GROUP PT	SQUASHBROOK GROUP PT	SQUASHBROOK GROUP PT		8:00am	SQUASHBROOK GROUP PT	
9:15am		SQUASHBROOK TRX 45			SQUASHBROOK PUNCH FIT 45	<p>PLEASE NOTE: GROUP PT & EXPRESS GPT: Available for a small additional fee.</p> <p>PUNCH FIT, TRX & LIVE BETTER: Included FREE in your normal membership.</p>		
10:15am		SQUASHBROOK LIVE BETTER 60	SQUASHBROOK EXPRESS GPT 45	SQUASHBROOK LIVE BETTER 60	SQUASHBROOK GROUP PT			
5:15pm	SQUASHBROOK EXPRESS GPT 45	SQUASHBROOK GROUP PT	SQUASHBROOK GROUP PT					
6:15pm		SQUASHBROOK TRX 45	SQUASHBROOK PUNCH FIT 45	SQUASHBROOK TRX 45				

AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am		SQUASHBROOK AQUA MOBILITY 45		SQUASHBROOK AQUA MOBILITY 45	SQUASHBROOK AQUA MOBILITY 45
12:15pm	SQUASHBROOK AQUA MOBILITY 45		SQUASHBROOK AQUA MOBILITY 45		
6:45pm	SQUASHBROOK AQUA FITNESS 45			SQUASHBROOK AQUA FITNESS 45	



