



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.

NOTE: Although Punch FIT is held in the Group PT Studio, it is included free in your normal membership.



For all fitness levels, this full body workout will increase your aerobic capacity, strength, muscular endurance, metabolism and power. Including focus on technique and education, with various styles of training to take you to the next level of fitness, fast!



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.



It is said that if you can breathe – then you can do Yoga! 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.



The complete fitness experience for kids aged 5 – 13 years of all fitness levels. Kids improve Fitness, Strength, Speed, Agility, Balance, Co-ordination, Flexibility, Tone & Endurance. Increased Confidence, Self Esteem and Social Skills are all vital benefits from the program



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 expense*



GROUP FITNESS TIMETABLE VALID FROM 25/09/2017

ENQUIRIES:

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

HOW TO READ THE TIMETABLE:



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 – 12:30pm
Sunday:	8:30am – 12:00pm
Public Holidays – To Be Advised	

KIDS CLUB

Mon – Thur:	9:00am – 12:00pm	4:00pm – 8:00pm
Friday:	9:00am – 12:00pm	
Saturday:	8:30am – 12:00pm	
Public Holidays – To Be Advised		

SQUASHBROOK GROUP FITNESS TIMETABLE – EFFECTIVE SEPTEMBER 25TH 2017

GROUP FITNESS STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:05am	SQUASHBROOK YOGA 60	LES MILLS BODYPUMP 60		LES MILLS BODYPUMP 60	SQUASHBROOK YOGA 60	8:00am	LES MILLS BODYBALANCE 60	
9:15am	LES MILLS BODYCOMBAT 45	SQUASHBROOK TOTAL BODY 45	LES MILLS BODYSTEP 45	SQUASHBROOK TOTAL BODY 45	LES MILLS BODYPUMP 45	9:00am	LES MILLS CXWORX 30	
10:00am	LES MILLS BODYPUMP 30	LES MILLS BODYCOMBAT 60	LES MILLS BODYPUMP 60	LES MILLS BODYBALANCE 60	LES MILLS BODYSTEP 60	9:30am	LES MILLS BODYCOMBAT 60	LES MILLS BODYPUMP 60
10:30am	LES MILLS CXWORX 30					10.30am		LES MILLS BODYBALANCE 60
4:00pm	gecko KIDS FITNESS	gecko KIDS FITNESS	gecko KIDS FITNESS	gecko KIDS FITNESS				
5:15pm		LES MILLS CXWORX 30	LES MILLS CXWORX 30	LES MILLS BODYSTEP 45				
5:45pm	LES MILLS BODYCOMBAT 60	LES MILLS BODYPUMP 60	LES MILLS BODYCOMBAT 60					
6:00pm				LES MILLS CXWORX 30				
6:45pm	SQUASHBROOK YOGA 75	LES MILLS BODYBALANCE 60	LES MILLS BODYPUMP 60	SQUASHBROOK YOGA 75				



CYCLING STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:05am			LES MILLS RPM 60		LES MILLS RPM 45			
9:15am	LES MILLS RPM 45		LES MILLS RPM 30			8:45am	LES MILLS RPM 45	LES MILLS RPM 30
5:15pm	LES MILLS RPM 30	LES MILLS RPM 30		SQUASHBROOK SPIN 30	SQUASHBROOK SPIN 30			
5:30pm			LES MILLS RPM 60					
6:00pm	LES MILLS RPM 45							

GROUP PERSONAL TRAINING STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:05am	SQUASHBROOK GROUP PT	SQUASHBROOK GROUP PT		SQUASHBROOK PUNCH FIT 60	SQUASHBROOK GROUP PT	8:30am	SQUASHBROOK GROUP PT	
9:15am		SQUASHBROOK TRX 45			SQUASHBROOK PUNCH FIT 60	<p>PLEASE NOTE: GROUP PT: Available for a small additional expense.</p> <p>PUNCH FIT and TRX: Included FREE in your normal membership.</p>		
10:00am		SQUASHBROOK GROUP PT	SQUASHBROOK GROUP PT					
10:30am					SQUASHBROOK GROUP PT			
11:00am		SQUASHBROOK LIVE BETTER 60		SQUASHBROOK LIVE BETTER 60				
5:00pm		SQUASHBROOK GROUP PT		SQUASHBROOK GROUP PT				
5:15pm	SQUASHBROOK GROUP PT							
6:00pm		SQUASHBROOK TRX 45	SQUASHBROOK GROUP PT	SQUASHBROOK TRX 45				



AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00am		SQUASHBROOK AQUA MOBILITY 45		SQUASHBROOK AQUA MOBILITY 45				
10:00am					SQUASHBROOK AQUA MOBILITY 45			
12:00pm			SQUASHBROOK AQUA MOBILITY 45					
6:45pm	SQUASHBROOK AQUA FITNESS 45			SQUASHBROOK AQUA FITNESS 45				