

# Ripples Group Fitness

## TIMETABLE

MON	TUE	WED	THUR	FRI	SAT	SUN
6:00am <b>BODYPUMP</b> 45 MINS (S1)	6:00am <b>ABS, BUTT &amp; THIGHS</b> 45 MINS (S1)	6:00am <b>RPM</b> 45 MINS (S2)	6:00am <b>FUNCTIONAL TRAINING</b> 45 MINS (S1)	6:00am <b>BOXING</b> 45 MINS (S1)	8:30am <b>BODYPUMP</b> 60 MINS (IP)	9:15am <b>BODYPUMP</b> 60 MINS (S1)
9:30am <b>AQUA</b> 60 MINS (IP)	9:05am <b>BODYPUMP</b> 60 MINS (S1)	9:30am <b>AQUA</b> 60 MINS (IP)	9:30am <b>AQUA HIIT</b> 60 MINS (OP)	9:30am <b>BODYPUMP</b> 60 MINS (S1)	9:30am <b>BODY COMBAT</b> 60 MINS (IP)	9:30am <b>AQUA HIIT</b> 60 MINS (IP)
9:30am <b>AEROBICS</b> 60 MINS (S1)	9:30am <b>AQUA</b> 60 MINS (IP)	9:30am <b>ZUMBA</b> 60 MINS (S1)	9:30am <b>AEROBICS</b> 60 MINS (S1)	9:30am <b>AQUA</b> 60 MINS (IP)	9:30am <b>AQUA</b> 60 MINS (OP)	10:30am <b>YOGA</b> 60 MINS (S1)
10:30am <b>AQUA HIIT</b> 45 MINS (IP)	10:30am <b>YOGA</b> 60 MINS (S1)	10:30am <b>ABS, BUTT &amp; THIGHS</b> 45 MINS (S1)	10:30am <b>ON THE BALL</b> 45 MINS (S1)	10:30am <b>YOGA</b> 60 MINS (S1)	10:30am <b>FUNCTIONAL TRAINING</b> 45 MINS (S1)	
10:30am <b>FUNCTIONAL TRAINING</b> 45 MINS (S1)	5:00pm <b>FUNCTIONAL TRAINING</b> 45 MINS (S1)	1:30pm <b>YOUNG AT HEART</b> 45 MINS (IP)	5:30pm <b>BODY STEP</b> 45 MINS (S1)	11:30am <b>CHAIR YOGA</b> 30 MINS (S1)		
1:30pm <b>YOUNG AT HEART</b> 45 MINS (S1)	6:00pm <b>BODY COMBAT</b> 60 MINS (S1)	5:30pm <b>BODYPUMP EXPRESS</b> 30 MINS (S1)	6:30pm <b>BODYPUMP</b> 60 MINS (S1)	1:30pm <b>YOUNG AT HEART</b> 45 MINS (S1)		
5:30pm <b>BODYPUMP</b> 60 MINS (S1)	7:00pm <b>AQUA DEEP</b> 60 MINS (IP)	6:00pm <b>RPM</b> 45 MINS (S2)	7:00pm <b>AQUA DEEP</b> 60 MINS (IP)	5:30pm <b>RPM</b> 45 MINS (S1)		
6:00pm <b>RPM</b> 45 MINS (S2)	7:00pm <b>YOGA</b> 60 MINS (S1)	6:00pm <b>MOBILITY &amp; STRETCH</b> 45 MINS (S1)		6:30pm <b>AQUA</b> 60 MINS (OP)		
6:30pm <b>ZUMBA</b> 60 MINS (S1)		7:00pm <b>ZUMBA</b> 60 MINS (S1)				
7:00pm <b>AQUA</b> 60 MINS (IP)		7:00pm <b>AQUA</b> 60 MINS (IP)				

S1: STUDIO 1  
S2: STUDIO 2  
IP: INDOOR POOL  
OP: OUTDOOR POOL  
(SUBJECT TO WEATHER)





# CLASS DESCRIPTIONS

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<b>ABS, BUTT &amp; THIGHS</b>	Increase core and pelvic stability to support intense workouts and everyday activities.
<b>AEROBICS</b>	Choreographed exercises to music offering a total-body workout.
<b>AQUA</b>	Moderate intensity workout, suitable for levels and ages. Use water resistance to increase strength, endurance and flexibility.
<b>AQUA DEEP</b>	A water based exercise class held in the deep end of the pool, designed to strengthen core muscles. Floatation belt provided.
<b>AQUA HIIT</b>	High intensity interval training Aqua class, incorporating toning and cardio exercises, suitable for all fitness levels.
<b>BODY COMBAT</b>	Aerobic training programme that combines energetic moves and stances developed from self-defence disciplines.
<b>BODYPUMP</b>	A group barbell programme that challenges every major muscle in your body.
<b>BOXING</b>	A boxing fitness class using heavy bags or pads, combined with a toning cardio workout – great for all levels of fitness.
<b>FUNCTIONAL TRAINING</b>	Train your body for everyday life with multi-joint movements.
<b>MOBILITY &amp; STRETCH</b>	Static and dynamic stretching to improve your flexibility and stability
<b>ON THE BALL</b>	A fitball training class that works your core muscles, including the abdominals, back, butt and thighs.
<b>RPM</b>	Indoor cycle class based on outdoor riding.
<b>YOUNG AT HEART</b>	For over 50's, this features low impact exercise with a focus on fun and socialising through fitness.
<b>YOGA</b>	A posture-based physical fitness, stress-relief & relaxation class.
<b>ZUMBA</b>	Sweat it out with this no-work workout featuring fun dance moves.