

# BAYSIDE

## FITNESS & SPA

### GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00AM			AFTER BURN		TRAINER'S PICK		
8:00AM		ABS				AFTER BURN	AQUA AEROBICS
8:15AM	AQUA AEROBICS				AQUA AEROBICS		
8:30AM			BUMS-N-TUMS				
9:00AM						PILATES	AQUA AEROBICS
9:15AM			AQUA AEROBICS				
9:30AM					STRETCH		
10:00AM			LIVE STRONG		LIVE STRONG		
11:00AM		LIVE STRONG					
5:30PM	ABS	ABS					
6:00PM	BOXING	STRETCH	H.I.T.T 60				
6:30PM			AQUA AEROBICS				
7:00PM	PILATES			YOGA			

BAYSIDE FITNESS & SPA

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LEVEL 3

NOVOTEL SYDNEY BRIGHTON LE SANDS

CNR THE GRAND PDE & PRINCESS ST

FITNESS CENTRE TRADING HOURS

MON-FRI 6AM-8PM

SAT-SUN 8AM-6PM

PUBLIC HOLIDAYS 10AM-6PM

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### CLASS DESCRIPTIONS

**ABS-** A dynamic core stability and strengthening class using Medicine balls, Swiss balls and Dumbbells. (30mins) For all levels.

**BOXING-** A conditioning class with focus on endurance, agility and strength. This class assists in developing punch combinations and fitness conditioning. (60mins) For all levels.

**PILATES-** Designed to build postural awareness, develop core strength, and improve flexibility aswell breathing exercises. It is ideal for people of all fitness levels, especially those recovering from injury (60mins)

**LIVE STRONG-** A progressive resistance training class for people over 55 aimed to work on muscle and bone strength, fall prevention, heart health as well as improve the overall health and wellbeing of our seniors. (60mins) For all levels.

**AQUA-** Cardio & strength workout for all levels of fitness using a vareity of aqua equipment that will test all abilities. Excellent for reducing pre-existing injuries. (45mins) For all levels.

**STRETCH-** A full body stretch class using Therabands and Swiss balls. (45mins)For all levels.

**AFTERBURN-** Afterburn is a interval style circuit workout focusing on total body using a combination of body weight, free weights and cardio based exercises. (60mins)

**H.I.T.T 60-** Functional high intensity interval class combining cardio & a variety of weighted exercises . (60mins) Intermediate to advanced levels.

**TRAINERS PICK-** Set to be inspired through a combination of exercise routines, all in one dynamic class. (60mins) Intermediate to advanced levels.

**YOGA-**(Vinyasa) Flowing postures that move from one to another & connecting breathe with everymove. Increase your strength & flexibility while adding a great peace of mind.(60mins) For all levels.

#### Term and Conditions

- Class Timetable is continuously monitored for attendance and can be amended anytime by Bayside Fitness and Spa.
- Maximum class group size is 10 people. First in to register reserves spot in class.
- Instructor reserves the right, to not allow a person to participate in the class.
- All participants must register for the class by signing in on the class register sheet at reception. Access after 10mins of start of class will not be allowed