

YOGA

Yoga Restorative is a nice gentle class focusing on the deep tissues, ligaments, joints and deep fascia networks
Yoga Flow is an energetic and dynamic yoga class that will strengthen and stretch the body and mind.
No yoga experience necessary, but a moderate level of fitness is recommended.

MetaFit

MetaFit is a 30 minute high intensity workout using your body-weight only. MetaFit is becoming extremely popular world wide due to the significant results participants are receiving.

HIIT

High Intensity Interval Training has been proven to get results, fast. This class is great to burn energy in a short amount of time. HIIT is powerful and explosive exercises completed in short intervals. This class is a full body workout and can be modified to suit all fitness levels.

Crank

Maintain a fast cadence then progress into an intense hill climb while listening to motivating music on our fully adjustable body bikes. Our high-intensity cycling classes build endurance, strengthens the core and tones your muscles.

Boxing

Boxing is a full body workout that packs a punch. Focusing on technique and specific drills, boxing will improve your cardiovascular fitness, power, agility and coordination.

Pilates

Bluewaters matwork class focuses on developing a strong core with specific bodyweight exercises. Benefits of pilates includes improved posture, greater flexibility, improved circulation, endurance and reduced stress.

Core

Core classes target abdominals, obliques, glutes, hamstrings and the lower back. This class is aimed at giving you a rock solid and stable mid-section.
Core can be instructed in different ways, ranging from an intense workout to a slower controlled session.

Stadium Strength

Stadium Strength is a functional high intensity class that primarily uses the grand stand, bodyweight and functional equipment. This class develops strength, power, endurance, mobility and fat loss.

Children aged 10 - 14 must be supervised by an Adult 18+. Conditions apply

Please bring a towel and drink bottle to each session

Standard classes - 45 minutes

Express classes - 30 minutes *

All classes are included with Gold and Platinum memberships

Casual Rate:

Adult: \$12.80 Concession: \$10.50

Active Ageing Program \$7.00

Open Hours

Monday–Thursday 6am – 8.30pm

Friday 6am – 7pm

Weekends 8am – 4pm

Public Holidays 10am – 4pm

(No classes on public holidays)

Closed - Christmas Day

Boxing Day

and Good Friday

 **Bluewater**


Colac Otway
SHIRE

118 - 134 Hearn Street, Colac VIC 3250

P: 03 5232 9551

E: bluewater@colacotway.vic.gov.au

www.bluewater.org.au | www.colacotway.vic.gov.au

GROUP FITNESS



 **Bluewater**
09/10/17 - 10/12/17

Your Bluewater

Group Fitness Timetables

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am		Yoga Restorative 60		Pilates 45		
6:15am	Boxing 45	Stadium Strength 45	Crank 45		HIIT 45	
8:30am						Crank 30
9:15am						HIIT 30
9:30am	Crank 30	Pilates 30	Metafit 30	Core 30	Metafit 30	
5:15pm	Pilates 30			HIIT 30		
5:45pm		Boxing 45			Core 30	
6:00pm	Crank 45		Crank 45	Yoga Flow 60		



Red Flag System: Classes with low participation levels will be highlighted with a 'red flag' symbol. This means the class requires higher participation levels to remain on the Group Fitness timetable. If numbers stay low for a period of 4 weeks or longer, the class may be changed or cancelled.

Program Rooms	Spin Room	Stadium
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Active Ageing Program

	9.30am	10.30am	1.30pm
Monday	Active Ageing Circuit		
Tuesday			Active Ageing Gym
Wednesday	Active Ageing Outdoors	Lungs in Action	
Thursday			Active Ageing Circuit
Friday			Active Ageing Games

Active Ageing Program

Active Ageing is a rehabilitation, strength-maintenance and socialisation program for older adults. It focuses on keeping your body active and mobile whilst improving balance, strength, posture, coordination and flexibility. Exercises are easily modified to your goals and needs by using a variety of equipment. It is a fun and social environment that will make you feel revitalised.

We also offer sessions at Birregurra and Forrest on Tuesdays.

Lungs In Action

Lungs in Action is Lung Foundation Australia's community based maintenance exercise program for people with stable chronic lung conditions who have completed a pulmonary rehabilitation program at Colac Area Health.

Off-site Programs

	9.00am	11.00am
Tuesday	Birregurra	Forrest