

YOGA

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 bodyweight only. MetaFit is becoming extremely popular world wide due to the significant results participants are receiving.

BOOTCAMP

Keep an eye on our Facebook page for Term 4 Bootcamp dates.

Active Moves/Outdoors

Active Moves/Outdoors is a rehabilitation program for older adults. It focuses on keeping your body active and mobile whilst improving balance, strength, posture, co-ordination 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 revitalized.
Please meet at Bluewater for Active Outdoors.

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.

Over 50's Gym

Our successful Over 50's Gym has been running for over 10 years giving individuals an opportunity to regain and maintain strength and fitness and are available for all Over 50's, encouraging you to exercise more than once a week.

Bars n Bells

Bars n Bells is a functional high intensity class that primarily uses kettlebells and barbells. If you're looking for a class that develops strength, power, endurance, mobility and fat loss, then Bells and Bars is for you.

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: \$12.30 Concession: \$10.10

Over 50's Program \$6.80 - see timetable

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



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GROUP FITNESS



Term 4, 2016

03/10/16 - 18/12/16



Your Bluewater

Term 4 - Group Fitness Timetables

| SPIN | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 6:15am | | | Crank | | | |
| 6:45am | | | | | | |
| 8:15am | | | | | | Crank |
| 9:30am | *Crank | | | | | |
| 5:45pm | | | | | | |
| 6:00pm | Crank | | Crank | | | |



* express classes - 30 minutes

| Group Fitness | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--------------|---------|-----------|--------------|---------|--------------|---------|
| 6:15am | Bars n Bells | Boxing | | Pilates | MetaFit | | |
| 9:00am | | | | | | | Pilates |
| 9:30am | | Pilates | MetaFit | Bars n Bells | Boxing | Bars n Bells | |
| 5:15pm | *Pilates | | * Boxing | | | | |
| 5:45pm | | Boxing | | | | | |
| 6:00pm | | | | Yoga | | | |



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.



| Over 50's Program | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|---------------|---------------|-----------------|---------------|---------------|----------|
| 9:00am | | Birregurra | | | | |
| 9:30am | Active Moves | | Active Outdoors | | | |
| 10:30am | | | Lungs in Action | | | |
| 11:00am | | Forrest | | | | |
| 1:30pm | Over 50's GYM | Over 50's GYM | | Over 50's GYM | Over 50's GYM | |
| 3:00pm | | | | | | |