

## 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 body-weight only. MetaFit is becoming extremely popular world wide due to the significant results participants are receiving.

## 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.

## 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: \$12.80 Concession: \$10.50

Over 50's Program \$7.00 - 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



Bluewater



Colac Otway  
SHIRE

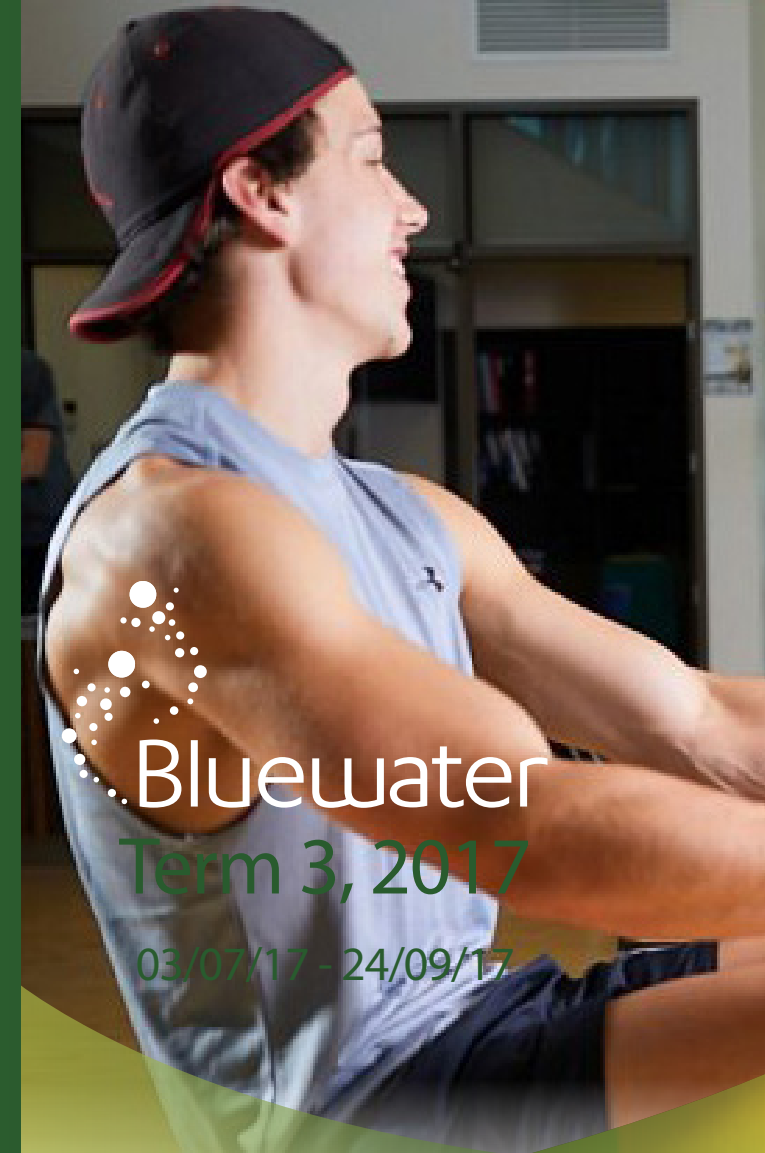
118 - 134 Hearn Street, Colac VIC 3250

P: 03 5232 9551

E: [bluewater@colacotway.vic.gov.au](mailto:bluewater@colacotway.vic.gov.au)

[www.bluewater.org.au](http://www.bluewater.org.au) | [www.colacotway.vic.gov.au](http://www.colacotway.vic.gov.au)

## GROUP FITNESS



Bluewater

Term 3, 2017

03/07/17 - 24/09/17

Your Bluewater

# Term 3 - Group Fitness Timetables

TERM 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am	Bars n Bells	Boxing	Crank	Pilates	HIIT	
8:30am						Crank*
9:30am	Crank*	Pilates	Metafit*	Core	Bars n Bells	Bars n Bells
5:15pm	Pilates*			HIIT*		
5:45pm		Boxing			Core	
6:00pm	Crank		Crank	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.

**\*30 minute express class**

Program Rooms	Spin Room
---------------	-----------

# Over 50s Program

	9.30am	10.30am	1.30pm
Monday	Active Moves		
Tuesday			Over 50s GYM
Wednesday	Active Outdoors	Lungs in Action	
Thursday			Over 50s GYM
Friday			Over 50s GYM

# Off-site Programs

	9.00am	11.00am
Tuesday	Birregurra	Forrest

## NEW CLASSES

**HIIT** - High Intensity Interval Training has been proven to get results fast. This class is great to burn a lot of 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.

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