



# Group Fitness Timetable

Class times may vary due to events or public holidays.  
For the latest group fitness timetable visit [perthhpc.com.au](http://perthhpc.com.au).

Follow us on:

 [facebook.com/PerthHPCGym](https://facebook.com/PerthHPCGym)  
 [@perth.hpc](https://www.instagram.com/perth.hpc)



## Aquatic Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45am - 8:15am Aqua Express	7:45am - 8:15am Aqua Express	7:45am - 8:15am Aqua Express	8:30am - 9:15am Aqua Fitness	6:00am - 6:45am Aqua Fitness	8:30am - 9:15am Aqua Fitness	8:30am - 9:15am Aqua Fitness
8:30am - 9:15am Aqua Fitness	8:30am - 9:15am Aqua Fitness	8:30am - 9:15am Aqua Fitness	9:30am - 10:15am Aqua Fitness	7:45am - 8:15am Aqua Express	9:30am - 10:15am Aqua Fitness	9:30am - 10:15am Aqua Fitness
9:30am - 10:15am Aqua Fitness	9:30am - 10:15am Aqua Fitness	9:30am - 10:15am Aqua Fitness		8:30am - 9:15am Aqua Fitness		
7:15pm - 8:00pm Aqua Fitness				9:30am - 10:15am Aqua Fitness		

## Cycle Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 6:45am RPM 45		6:00am - 6:45am RPM 45		6:00am - 6:45am RPM 45	8:45am - 9:30am RPM 45	
8:45am - 9:15am Cycle Express		5:15pm - 6:00pm Cycle		9:15am - 10:00am RPM 45		

## Evolve Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am - 10:15am Pilates Matwork	8:30am - 9:15am Pilates Matwork	9:30am - 10:25am Pilates Matwork	8:30am - 9:30am Yoga	8:30am - 9:15am Pilates Matwork	8:00am - 8:45am Pilates Matwork	
10:30am - 11:15am Stretch & Flex	9:30am - 10:25am BODYBALANCE	10:30am - 11:15am Stretch & Flex	9:30am - 10:25am Get Active	10:05am - 11:00am Pilates Matwork	9:45am - 10:45am BODYBALANCE	
6:15pm - 7:15pm BODYBALANCE	10:30am - 11:25am Get Active	6:15pm - 7:15pm Yoga	10:30am - 11:30am Pilates Matwork	11:00am - 11:45am Stretch & Flex	11:00am - 12:00pm Yoga	
	6:15pm - 7:15pm Pilates Matwork					

## Group X Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am - 6:45am BODYPUMP	5:45am - 6:30am Strength Dev.	5:45am - 6:15am Max NRG Express	5:45am - 6:45am BODYPUMP	5:45am - 6:30am Max NRG	6:15am - 6:45am Les Mills Virtual Grit Athletic	8:30am - 9:25am BODYPUMP
7:00am - 7:30am Les Mills Virtual Core	8:45am - 9:15am CORE	6:15am - 6:45am CORE	8:45am - 9:15am CORE	6:45am - 7:15am Les Mills Virtual Core	7:30am - 8:15am Strength Dev.	9:30am - 10:15am Shapes
7:45am - 8:30am PWR Pilates	9:30am - 10:15am Zumba	7:45am - 8:30am PWR Pilates	9:30am - 10:15am Shapes	8:35am - 9:20am Strength Dev.	8:30am - 9:00am CORE	10:15am - 11:15am Pilates Matwork
8:35am - 9:20am Pilates Matwork	10:30am - 11:25am BODYPUMP	8:35am - 9:20am BODYPUMP 45	10:30am - 11:30am BODYPUMP	9:30am - 10:30am BODYBALANCE	9:00am - 9:55am BODYPUMP	11:30am - 12:00pm Les Mills Virtual Grit Athletic
9:30am - 10:25am BODYPUMP	12:30pm - 1:15pm PWR Pilates	9:30am - 10:15am Strength Dev.	12:30pm - 1:00pm Les Mills Virtual Core	10:30am - 11:25am Zumba Gold	10:00am - 10:45am Shapes	12:15pm - 1:00pm Les Mills Virtual Body Combat
10:30am - 11:30am Yoga	3:15pm - 3:45pm Les Mills Virtual Body Attack	10:30am - 11:30am BODYBALANCE	1:30pm - 2:15pm Les Mills Virtual Dance	12:30pm - 1:00pm Les Mills Virtual Grit Athletic	10:45am - 11:45am Pilates Matwork	1:15pm - 2:00pm Les Mills Virtual Body Balance
12:30pm - 1:30pm Pilates Matwork	4:00pm - 4:30pm Les Mills Virtual Body Combat	12:30pm - 1:00pm Les Mills Virtual Grit Strength	3:30pm - 4:15pm Les Mills Virtual Body Attack	3:30pm - 4:15pm Les Mills Virtual Body Combat	12:00pm - 12:30pm Les Mills Virtual Grit Strength	2:30pm - 3:15pm Les Mills Virtual Body Attack
2:00pm - 2:45pm Les Mills Virtual Dance	4:45pm - 5:15pm Les Mills Virtual Core	3:30pm - 4:00pm Les Mills Virtual Core	4:30pm - 5:15pm Les Mills Virtual Body Balance	4:30pm - 5:15pm Les Mills Virtual Body Balance	1:00pm - 1:30pm Les Mills Virtual Grit Cardio	3:30pm - 4:00pm Les Mills Virtual Grit Cardio
3:15pm - 4:00pm Les Mills Virtual Body Combat	5:30pm - 6:15pm Strength Dev.	5:30pm - 6:00pm Max Energy X	5:30pm - 6:15pm PWR Pilates	5:30pm - 6:00pm Les Mills Virtual Grit Cardio	2:00pm - 2:45pm Les Mills Virtual Body Combat	4:15pm - 4:45pm Les Mills Virtual Grit Strength
5:00pm - 5:30pm Max NRG Express	6:15pm - 7:00pm Shapes	6:15pm - 7:15pm BODYPUMP	6:15pm - 7:00pm Strength Dev.	6:15pm - 6:45pm Les Mills Virtual Grit Strength	3:00pm - 3:45pm Les Mills Virtual Dance	
5:30pm - 6:00pm CORE	7:15pm - 8:00pm Les Mills Virtual Dance	7:30pm - 8:15pm Les Mills Virtual Body Attack	7:15pm - 8:00pm Les Mills Virtual Body Combat	7:00pm - 7:45pm Les Mills Virtual Body Attack	4:00 - 4:45pm Les Mills Virtual Body Balance	
6:15pm - 7:15pm BODYPUMP						
7:30pm - 8:15pm Les Mills Virtual Body Attack						

Aqua Class

Virtual Class

Instructor-Led Class

Teen Fit Friendly Classes

# Class Descriptions

## AQUA

**Aqua Fitness** classes are performed in deep water with Aqua belts where we focus on increasing and maintaining fitness and strength with the option of using our aqua equipment such as noodles, dumbbells and discs to add extra resistance. This fitness challenge demands higher activation of core muscles, postural alignment and muscular endurance. This workout will leave you fit, strong and more energised. 30 Minute EXPRESS classes are available.

## CARDIO

**Get Active Classes** develop your strength, muscle tone and balance while increasing your fitness levels with light resistance and cardio. Classes aimed at seniors and injury recovery or rehab.

**ZUMBA®** Party yourself into shape. Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. ZUMBA® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

**ZUMBA® Gold** is perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

## CYCLE

**RPM™** is a pre-choreographed indoor cycling class set to motivating music. It burns major calories and gets you fit using simulated climbs and sprints. Instructors show you the basic cycling moves of standing and sitting, changing hand positions, speeding up and slowing down. You control your resistance levels and speed, so you can build your training level over time. RPM™ comes in 45 and Express 30-minute formats.

**Freestyle CYCLE** is a freestyle indoor cycling class requiring energy but not coordination. You control your own resistance levels and sprint speed so you can build up on your training level.

## MIND AND BODY

**BODYBALANCE™** is the yoga, tai chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm.

**Pilates Matwork** focuses on strengthening the core through stretching and breathing exercises. Focus is placed on sequences of precise movements to build a whole-body workout. Matwork is great for all levels of ability as workouts can be easily modified with the use of small props to add challenge or assistance.

**Stretch and Flex** is a flexibility-based class designed to relax and rejuvenate your body, with use of some yoga teachings, core strength and basic stretching.

**Yoga** develops strength, mobility and stability as you are guided through postures by expert instructors. We teach you about body discipline and mental stability allowing you to challenge the body whilst relaxing the mind. Suitable for all ages and fitness levels, yoga is perfect for beginners, experienced yogis or anyone looking to incorporate a mind and body routine into their fitness regime.

**PWR Pilates** is a 45-minute class where you'll do Matwork exercises with props for added resistance such as loop bands, dumbbells and more. This class is a powerful Pilates based full body strength workout.

**Les Mills Shapes** is a low-impact 45min strength-based workout inspired by Pilates, barre & power yoga. This is a dynamic full-body and targeted workout for all experience levels and ages.

## SCULPT AND STRENGTHEN

**BODYPUMP™** is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music and instructors and your choice of weight inspire you to get the results you came for – and fast!

**CORE** Exercise muscles around the core – to make you better at all things you do, from everyday life to your favourite sports – it's the glue that holds everything together. All the moves in CORE™ have options, so it's challenging but achievable for every level of fitness.

**Max NRG** An intermediate/advanced fat burning workout that takes you through a variety of cardio and strength training exercises to maximise your calorie output. This circuit style class builds strength, endurance and stamina. Please note a moderate level of fitness is required for this class.

**Strength Development** is a 45min class for anyone looking to add a strength-training focus to their workout schedule. Your instructor will give you suggestions around reps to hit and weight selection. Strength Development heroes the essential elements of strength training, including slow and controlled movements, functional exercises, and dynamic core training. This is strength training like you've never seen it before.

**Body Attack** is a high energy class combining athletic training with explosive cardio exercises to improve functional fitness, coordination and agility.

**Dance** is a cardio-based dance workout inspired by global dance genres.

**Body Combat** is a martial arts inspired no-contact workout improving fitness, agility and speed

**Grit Athletic** is a high Intensity Interval Training (HIIT) workout of multi-dimensional sports training to increase overall athletic performance: strength, agility, speed and power

**Grit Strength** is a high Intensity Interval Training (HIIT) workout to improve strength, cardiovascular fitness and build lean muscle

**Grit Cardio** is a high Intensity Interval Training (HIIT) workout to improve cardiovascular fitness, increase speed, and maximize calorie burn

# Casual Visits

Enjoy our facilities without committing to a membership, with our casual pay as you go options. Just visit reception upon arrival for your pass and you're off - it's that simple.

	Adult	10 Visit	Conc.	10 Visits
Group Fitness Classes	\$19.00	\$170.30	\$17.00	\$153.10
Express	\$14.40	-	\$12.90	-

# Terms and Conditions

By entering the venue you agree to abide by the terms and conditions of entry set by VenuesWest. To view or obtain a copy, please see reception.

Looking for your class time?

Check out the group fitness timetable online at perthhpc.com.au

Our new online timetable gives you the most up-to-date daily schedule of classes, including Public Holiday timetables. You can also filter classes to easily find class types, cardio, mind and body, strength, cycle, aqua and teen only.

Follow us on Facebook: facebook/PerthHPCGym