

GROUP EXERCISE TIMETABLE

30 40 45 60 CLASS TIMES  WARM WATER POOL

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO ONE	5.25AM	PARC HIIT 30			BODYPUMP 30			
	6.00AM	BODYPUMP 60	GRIT STRENGTH 30	BOXING 60	GRIT PLYO 30	PARC HIIT 45		
	6.35AM		GRIT CARDIO 30		GRIT CARDIO 30			
	7.10AM						GRIT STRENGTH 30	
	7.45AM						CXWORX 30	BOXING 45
	8.20AM						BODYATTACK 45	
	8.45AM	CXWORX 30	CXWORX 30		PARC HIIT 30	CXWORX 30		BODYATTACK 30
	9.20AM	BODYPUMP 60	BODYSTEP 60	ZUMBA 60	BODYATTACK 60	BODYPUMP 60	BODYPUMP 60	BODYPUMP 60
	10.25AM						STRONG BY ZUMBA 30	BODYCOMBAT 60
	10.45AM	BODYSTEP 45	BODYPUMP 45	PARC HIIT 45	BODYPUMP 60	CIRCUIT 45		
	11.35AM	PARC HIIT 30	CORE 30	BODYPUMP 30		CORE 30		
	12.10PM	BODYVIVE BEGINNERS 60	PARC MOVERS 60	BOXING 45	PARC MOVERS 60			
	2.00PM		PARC HIIT 45					
	4.10PM		PARC KIDS 45		PARC KIDS 45			
	5.00PM	CXWORX 30	BODYSTEP 45	GRIT STRENGTH 30	BOXING 45			BODYPUMP 60
	5.35PM	BODYATTACK 45		BODYATTACK 45		BODYPUMP 45		
	5.55PM		BODYPUMP 60		BODYATTACK 30			
	6.30PM	BODYPUMP 60		SH'BAM 45	GRIT CARDIO 30	SH'BAM 45		
	7.05PM		PARC HIIT 45		BODYPUMP 30			
	7.40PM	BODYCOMBAT 60		BODYPUMP 60				
7.50PM		BOXING 60		ZUMBA 60				
STUDIO TWO	6.00AM	BARRE 60	BODYBALANCE 60	VINYASA YOGA 60	YOGALATES 60			
	7.10AM	BODYBALANCE 45		BARRE REF 60		REFORMER 60	BARRE 60	
	8.10AM					REFORMER 60		
	8.20AM						PARC HIIT 45	
	8.30AM		HOT YOGA 45					
	8.45AM	MEDITATION 30		CXWORX 30				
	9.20AM	BODYBALANCE 60	VINYASA YOGA 60	BARRE 60	MAT PILATES 60	BODYBALANCE 60	MAT PILATES 60	PURNA YOGA 60
	10.30AM						REFORMER 60	MEDITATION 30
	10.45AM	BARRE 45	BARRE REF 60	BODYBALANCE 60	BODYBALANCE 60	YIN YOGA 60		
	11.35AM	CXWORX 30					REFORMER 60	BODYBALANCE 60
	12.10PM	REFORMER 60	REFORMER 60	BEGINNER YOGA 60	GITA YOGA 60	BARRE REF 60		
	12.35PM						REFORMER 60	BARRE 60
	1.10PM	REFORMER 60	REFORMER 60	REFORMER 60	REFORMER 60	REFORMER 60		
	1.35PM						REFORMER 60	
	2.15PM	YOGA 45	TAI CHI 45	BARRE REF 60	REFORMER 60	TAI CHI 45		
	2.35PM						REFORMER 60	
	4.00PM	REFORMER 60					BODYBALANCE 60	
	4.30PM			BARRE 60				
	5.00PM	REFORMER 60						
	5.35PM		CXWORX 30	CXWORX 30	BARRE 30			
6.10PM	MAT PILATES 60	BODYBALANCE 60	BODYBALANCE 60	MAT PILATES 60	BARRE 60			
7.15PM	PURNA YOGA 60	BARRE 30	REFORMER 60	HOT YOGA 60	BODYBALANCE 60			
7.50PM		REFORMER 60						
8.20PM	MEDITATION 30		BARRE 30	MEDITATION 30				

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Area	Time	Activity	Activity	Activity	Activity	Activity	Activity
CYCLE STUDIO	6.00AM	SPRINT 30	RPM 45	SPRINT 30	RPM 45	RPM 45	
	6.35AM	SPRINT 30					
	7.45AM						SPRINT 30
	8.20AM						RPM 45
	8.30AM	SPRINT 30	SPRINT 30		SPRINT 30		
	9.20AM	RPM 45	CYCLE HIIT 30	RPM 45	RPM 45	RPM 45	RPM 45
	11.00AM	SPRINT 30			CYCLE HIIT 30		
	4.00PM						
	4.30PM	SPRINT 30		SPRINT 30			RPM 45
	5.00PM					SPRINT 30	
	5.35PM	SPRINT 30	SPRINT 30	SPRINT 30			
	6.10PM	RPM 45			RPM 45		
	6.30PM		CYCLE HIIT 30	RPM 45			
	POOLS	5.40AM	FIT SWIM 60		FIT SWIM 60		
8.30AM		DW RUNNING 45	DW RUNNING 45	AQUA 45	DW RUNNING 45	AQUA 45	DW RUNNING 45
9.30AM		AQUA 45	AQUA 45	AQUA 45	AQUA 45	AQUA 45	DW RUNNING 45
2PM		HW YOGALATES 40	HW WORKOUT 40	HW YOGALATES 40	HW YOGALATES 40		
6.45PM		AQUA 45	DW RUNNING 45	AQUA 45	AQUA 45		
7.35PM		DW RUNNING 45		DW RUNNING 45			
GYM FLOOR	7.15AM	POWERZONE 30	POWERZONE 30	POWERZONE 30	POWERZONE 30	POWERZONE 30	
	9.45AM						POWERZONE 30
	10.30AM	SENIOR FIT 60		SENIOR FIT 60		SENIOR FIT 60	
	12.15PM	POWERZONE 30	POWERZONE 30	POWERZONE 30	POWERZONE 30	POWERZONE 30	
	4.15PM	POWERZONE 30	POWERZONE 30	POWERZONE 30	POWERZONE 30	POWERZONE 30	
	7.15PM	POWERZONE 30	POWERZONE 30	POWERZONE 30	POWERZONE 30	POWERZONE 30	
FOYER	8.30AM						PARC PAWS 60
	5.30PM		PARC FIT RUN 60		PARC FIT RUN 60		

CLASS DESCRIPTIONS

All of our group exercise classes are beginner friendly!

Aqua - This popular workout is a blend of low impact cardio and resistance training. It may incorporate resistance tools such as buoyant water weights and noodles.

Barre - A fun energetic fusion of ballet, Pilates and yoga techniques that will tone and shape your body using the barre and light weights.

Barre Reformer - This class is designed to create longer and leaner muscles utilising the barre and reformer Pilates bed.

BODYATTACK™ - Sports-inspired, this high-energy interval cardio class combines athletic aerobic movements with strength and stabilisation exercises to build strength and stamina.

BODYBALANCE™ - Blending yoga, tai chi and Pilates, this class builds flexibility and strength through controlled breathing, concentration, carefully structured stretches, moves and poses. It provides a holistic approach that brings the body into a state of harmony and balance.

BODYCOMBAT - An empowering cardio workout inspired by martial arts, drawing from disciplines such as karate, boxing, taekwondo, tai chi and Muay Thai.

BODYPUMP™ - The original barbell class that challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls.

BODYSTEP™ - Using a height adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear with this energising workout.

BODYVIVE™ BEGINNERS - The optimal mix of strength, cardio and core training, this class provides a challenging mix of lunges, squats, running and tubing exercises that will leave you full of energy.

Boxing - A high intensity boxing circuit class that incorporates punching technique, pad work, skipping, running and abdominal work.

Circuit - This class is a mixture of cardio, strength, plyometric and core exercises that works your entire body whilst maximising calorie burn.

Core - Targeting your mid-section with functional strength exercises, muscle toning and stability work.

Cycle HIIT - A HIIT class designed to achieve fast results, by using cardio bursts to burn fat and increase fitness levels.

CXWORX™ - Dynamic training that focuses on your abs, glutes, back, obliques and 'slings' connecting the upper and lower body. Based on cutting-edge scientific research, CXWORX is the ultimate way to get a tight and toned core.

Deep Water Running - A high intensity aquatic program in deep water, using flotation weight belts for conditioning and toning exercises that focus on core strength.

FIT Swim - A squad for swimmers who are able to swim in excess of 1km. This class is for those looking to improve their performance, fitness and endurance in the pool.

GRIT™ Cardio - HIIT class featuring explosive high impact body-weight exercises to get you super fit, super fast.

GRIT™ Plyo - HIIT class that uses power and agility training to transform muscle fibre and produce a lean, athletic shape.

GRIT™ Strength - HIIT class that uses weights to get you in shape fast.

Hot Water Workout - Conducted in the warm water pool, you will get all the benefits of warm water exercise and aqua.

Hot Water Yogalates - Enjoy the benefits of Pilates conditioning in the warm water pool. You will focus on your breathing, core and posture while the 34 degree water helps you relax and restore.

Meditation - An ancient yoga practice which aims to calm the fluctuations of the mind. People who regularly practice meditation find greater peace, focus and productivity in life.

PARC Fit Run - Fall in love with running and achieve your goals. Whether you're tackling a new distance or want to set a personal best time, we'll help you get results you're after.

PARC HIIT - High Intensity Interval Training (HIIT) including circuit, tabata, core, cardio and strength training.

PARC Kids - A class designed to give primary school aged children a great workout whilst having loads of fun.

PARC Movers - Designed for those who want a lower intensity whilst getting great functional results in strength and cardio.

PARC Paws - Bring your dog along and enjoy a leisurely walk to a local park in Frankston. This program runs from 3/2/2018 - 26/5/2018 and is subject to weather, please check our PARC Group Exercise Facebook group for updates.

Pilates - Develop core strength and coordination through traditional Pilates movement patterns, the use of breath and correct alignment. You'll feel a difference in your posture and overall toning with every class.

Powerzone - This functional style HIIT training maximises all kinds of training modalities - strength, endurance, stability, flexibility, coordination and speed.

Reformer Pilates - A full body workout using spring loaded resistance conducted on the Pilates Reformer to improve coordination, balance, posture and flexibility.

RPM™ - An indoor cycling routine where you ride to rhythm and powerful music as your trainer leads you through hills, flats, mountain peaks, time-trials and interval training.

SH'BAM™ - The perfect way to shape up and let out your inner star. Set to a soundtrack of chart-topping popular hits.

SPRINT™ - This HIIT workout, uses an indoor bike to achieve fast results. A quick and hard style of training returns rapid results with minimal joint impact. The short duration motivates you to push your mental limits.

STRONG by Zumba® - A non-dance based class that revolves around high intensity interval training, but still focuses on moving to the beat.

Tai Chi - A chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind.

THT - Tummy, hips and thighs is a HIIT workout for the lower body, that focuses on strength and toning.

Yoga - Designed to enhance vitality and a sense of well-being, this class draws from various types of yoga and uses gentle movements to improve flexibility, balance, strength and posture. We also offer the following types of yoga:

Beginner - combination of gentle and restorative yoga, this class begins with gentle stretching, followed by rejuvenative poses and a meditative finish. Suitable for pre and post natal.

Gita - An integrated style of yoga that works to balance the hormone producing glands. Leave this class feeling balanced and rejuvenated.

Hot - A Vinyasa flow class, linking breath to movement with medium intensity. Detoxifying the entire body in a room heated up to 28 degrees.

Purna - The postural instruction is alignment focused. Sequences range from gentle restorative to dynamic.

Vinyasa - Vinyasa flow incorporates the synchronising of the breath with the continuous flow of postures. These fluid, almost dance-like movements create strength, flexibility and stamina as it calms the mind and improves overall health.

Yin - Yin yoga is a relaxed form of yoga in which poses are held for extended periods of time, deeply nourishing the fascia, ligaments, tendons and meridian system of the body.

Yogalates - A combination of yoga and Pilates to help you achieve both strength, flexibility and balance.

Zumba® - The original dance-fitness party, class features exotic rhythms set to high-energy Latin and international beats.

Effective 29 January 2018. All classes and times are correct at the time of printing. Classes are subject to change. Please visit parcfrankston.com.au for the current version. Group exercise timetable may change on public holidays

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