

# GYM BASED SESSIONS TIMETABLE

EFFECTIVE NOVEMBER 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am		LIFESTYLE GYM CIRCUIT		LIFESTYLE GYM CIRCUIT	
8:00am		LIFESTYLE GYM CIRCUIT		LIFESTYLE GYM CIRCUIT	
9:15am	WORKOUT OF THE DAY		WORKOUT OF THE DAY		WORKOUT OF THE DAY
11:00am	LIFESTYLE SUPERVISED GYM		LIFESTYLE SUPERVISED GYM		LIFESTYLE SUPERVISED GYM
3:45pm	TEEN FIT FOR ALL	TEEN FIT FOR ALL	TEEN FIT FOR GIRLS	TEEN FIT FOR GUYS	
6:30pm		CORE CONDITIONING	MOVEMENT MASTERCLASS ONCE A MONTH!	CORE CONDITIONING	

## CLASS DURATIONS

LIFESTYLE CIRCUIT	45 mins
LIFESTYLE SUPERVISED	45 mins
WORKOUT OF THE DAY	45 mins
TEENFIT	45 mins
CORE CONDITIONING	30 mins
MOVEMENT MASTERCLASS	60 mins

\*CLASS TIMETABLE SUBJECT TO CHANGE.

Please make sure you arrive at each class at least 5 minutes before the starting time.

Instructors will not allow entry to any latecomers. This helps to ensure all classes continue to run on time and don't impact later sessions.

We ask all attendees to bring towels to each class and to wipe down equipment using provided sanitisation products after use.

## LIFESTYLE GYM CIRCUIT

Utilising a variety of gym based resistance and aerobic equipment. Excellent for improving strength and stability in a fun and social environment.

## LIFESTYLE SUPERVISED GYM

Fully supervised class utilising your personalised program, developed from your one on one appraisal. Includes a variety of gym based resistance and aerobic equipment, for improving strength and stability in a fun and social environment.

## TEENFIT

Term based session, designed to promote safe movement and use of gym equipment including cardio and strength, and lead by an instructor trained in teen fitness needs. Please refer to GLC Youth Fitness Flyer for more information. \*\*\* Not included in a membership, fees apply, limited numbers per session\*\*\*

## WORKOUT OF THE DAY

Ready for a fresh challenge? Varied workouts in the GLC Gym or Stadium keep you engaged and motivated. With small group training for up to 12 people, you'll receive personalised attention and a dynamic fitness experience that pushes you to new heights.

## CORE CONDITIOING

Strengthen your core beyond sit-ups and crunches! This class focuses on activating, stabilising, and controlling your core muscles to improve strength, posture, and overall stability. Suitable for all fitness levels, it offers a comprehensive approach to core training. A great finisher for your gym session.

## MOVEMENT MASTERCLASS

Only on the first Wednesday of each month! Each session focuses on mastering a single movement or exercise. This isn't a workout, but a lesson designed to help you maximise your training sessions and ensure safety. Perfect for all fitness levels!