

Group Fitness Timetable

from Monday 20th January, 2025

Members are required to book for Classes using the Mywellness App OR Technogym App.
Casual attendances are **only permitted** if there is **space available**. Call Pace on 3131 9615 for more information.

WATER CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
	50m Swim Pace 5:15am - 6:45am Gary		50m Swim Pace 5:15am - 6:45am Gary	50m Swim Pace 5:15am - 6:45am Regan	
				50m Swim Pace 9:00am - 10:30am Regan	
	50m Swim Pace 9:00am - 10:30am Gary		50m Swim Pace 9:00am - 10:30am Gary		
DP Deep Aqua 9:30am - 10:15am Michelle	DP Deep Aqua 9:30am - 10:15am Chris	DP Deep Aqua 9:30am - 10:15am Marisa	DP Deep Aqua 9:30am - 10:15am Michelle	DP Deep Aqua 9:30am - 10:15am Faye	
25m Shallow Aqua 10:30am - 11:15am Michelle	25m Aqua Pilates 10:30am - 11:15am Chris	25m Gentle Aqua 10:30am - 11:15am Marisa	25m Shallow Aqua 10:30am - 11:15am Michelle	25m Shallow Aqua 10:30am - 11:15am Faye	
		OP Deep Aqua 5:30pm - 6:15pm Michelle			DP Deep Aqua 4:45pm - 5:30pm Valerie
			50m Swim Pace 6:30pm - 8:00pm Regan		

50m 50 Metre Pool Aquatic Centre - Indoor 50m Pool
 25m 25 Metre Pool Aquatic Centre - Indoor 25m Pool
 DP Dive Pool Aquatic Centre - Indoor Dive Pool
 OP 50m Outdoor Pool Aquatic Centre - Outdoor 50m Pool
 for Class Changes & Cancellations: please go to www.paceatsleeman.com.au

LAND CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
S1 S3 Cardio Blast 5:30am - 6:00am Mau	S2 RPM™ 5:30am - 6:15am Mel	VEL Run Pace 5:30am - 6:30am David	S2 Spinning 5:30am - 6:15am David	S3 Cardio Blast 5:30am - 6:00am Mau	Saturday
S1 S3 Strength Boost 6:00am - 6:30am Mau				S3 Box Max 6:00am - 6:30am Mau	S3 Bootcamp 6:30am - 7:30am Aron
S1 S.L.T. Strengthen, Lengthen & Tone 7:45am - 8:30am Marisa	S1 Pilates 8:00am - 9:00am Chris	S3 Dance Fitness 7:45am - 8:30am Valerie	S3 Dance Fitness 7:45am - 8:30am Valerie	S1 Pilates 8:00am - 8:50am Chris	S2 Spinning 8:00am - 8:45am Aron
S1 Body Pump™ 8:40am - 9:40am Marisa		S3 Hatha Yoga - Gentle 8:45am - 9:45am Radhika		S1 Step Pace 9:00am - 9:45am Fiona	S3 Flow Yoga 9:00am - 10:00am Regan
	S1 Cardio Circuit 9:30am - 10:00am Mau	S1 Body Pump™ 9:15am - 10:00am Faye	S1 S.L.T. Strengthen, Lengthen & Tone 9:15am - 10:15am Marisa	S2 Spinning 9:00am - 9:45am Chris	
	S1 Strength Boost 10:00am - 10:30am Mau		S1 Reactivate 10:20am - 11:05am Marisa		
S1 Reactivate 9:50am - 10:35am Marisa		S3 Chair Strength Yoga 10:00am - 10:45am Radhika	S3 Chair Yoga 11:15am - 12:00pm Marisa		
S3 Hatha Yoga 10:45am - 11:45am James	S3 Hatha Yoga 10:45am - 11:45am Jane	S1 Pilates 10:15am - 11:00am Faye		S1 Stretch & Relax 11:00am - 11:50am Regan	
					Sunday
S2 Spinning 5:15pm - 6:00pm Aron	S3 Cardio Circuit 5:30pm - 6:00pm Mau	S3 Bootcamp 5:30pm - 6:15pm Eva	S3 Restorative Yoga 5:15pm - 6:15pm Regan		S3 Restorative Yoga 3:30pm - 4:30pm Regan
S1 Strength Boost 6:15pm - 7:05pm Aron	S3 Box Fit 6:05pm - 7:05pm Mau	S1 Pilates 6:15pm - 7:15pm Chris			
VEL Run Pace 6:15pm - 7:15pm David		S2 Spinning 6:30pm - 7:15pm Eva			

S1 STUDIO 1 Level 1 - Anna Meares Velodrome
 S2 STUDIO 2 Level 2 - Anna Meares Velodrome
 S3 STUDIO 3 Northern Side - Anna Meares Velodrome
 VEL VELODROME Meet at Pace Reception - Velodrome
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GROUP FITNESS CLASS PRICING CLASSES

- MEMBERSHIPS:** All classes are included as part of the **Pace at Sleeman** Membership
- *CASUAL RATE:** \$23.50 Adults / \$21 Concession (Up to 2 activities permitted per visit)
- 10 VISIT PASS:** \$165 Adults / \$155 Concession

Low to Moderate Intensity Moderate Intensity Higher Intensity Mind & Body (Suitable for all levels)

WATER CLASSES

- DEEP AQUA** - Held in Deep Water. This class utilizes buoyancy belts & floating dumbbells. Beginners to Advanced.
- GENTLE AQUA** - Gentle class in the warmer 25m Pool. Great for chronic back pain and arthritis.
- ON CORE AQUA** - Strengthen and stretch your body using your core centre. Beginners to Advanced.
- SHALLOW AQUA** - A water class to tone muscles and increase the efficiency of your heart & lungs. Held in the 25m Pool. Beginners to Advanced.
- SWIM PACE** - Suitable for all those who can swim but who need some stroke correction.

LAND CLASSES

- ABS & THIGHS** - Combine strength-based exercises for your Abs & Thighs in this focused 30min workout #
- BODY PUMP™** - Barbell workout for anyone looking to get lean, toned and fit – fast. Total body conditioning using light to moderate weights.
- BOOTCAMP** - High intensity, full body workout using a variety of equipment.
- BOX FIT** - Boxing & Circuit class including glove and focus pad exercises. (Please bring your own gloves & inners if you have them).
- BOX MAX** - 30 minute high intensity boxing class.
- CARDIO BLAST** - 30 minutes of high intensity cardio-based exercises using a variety of equipment.
- CARDIO CIRCUIT** - 30 minute circuit-based cardio class.
- CHAIR STRENGTH YOGA** - Yoga & strength training with resistance bands + chair for support. Build strength, improve bone health, posture & balance. #
- CHAIR YOGA** - Modified Yoga with exercises in the chair and using a chair for balance whilst standing. #
- CIRCL MOBILITY™** - Functional movement. Focusing on flexibility, breathwork & mobility exercises. #
- DANCE FITNESS** - Music from all over the world incorporating all styles of dance to bring you a workout that's so much fun.
- FLOW YOGA** - A sequence of flowing dynamic movements suitable for all levels. Incorporates breathing techniques and overall body mindfulness. #
- HATHA YOGA / HATHA YOGA - GENTLE** - Hatha Yoga, the original Yoga, for balance of body and mind. #
- PILATES** - Mat Pilates. Controlled moves & posture to increase strength & flexibility. #
- REACTIVATE** - A fun and varied class incorporating low impact cardio of moderate intensity.
- RESTORATIVE YOGA** - A style of yoga that combines floor based postures and focused breath to help us relax both mind and body. #
- R.P.M.™** - Group Indoor Cycling workout, low impact, motivating music where you control your own resistance levels & speed.
- RUN PACE** - Running Class around the Complex (Meet at Gym Reception at the Velodrome).
- S.L.T. - STRENGTHEN, LENGTHEN & TONE** - A low impact class to strengthen muscles while improving postural alignment and flexibility.
- SPINNING** - Cardio class utilising stationary exercise bikes.
- STEP PACE** - A fun cardio class using a Step. Catered to all levels from beginner to advanced.
- STRENGTH BOOST** - 30 minute resistance training workout including core exercises.
- STRENGTHEN UP** - 30 minute "Upper Body" resistance training workout focusing predominantly on the Chest, Back, Shoulders & Arms.
- STRETCH & RELAX** - Low-impact stretching class. Suitable for all fitness levels. #
- ZUMBA** - A fusion of hypnotic Latin Rhythms and easy-to-follow moves.

**# PLEASE BRING YOUR OWN MAT
IF YOU HAVE ONE**

Pace at Sleeman: 3131 9615 | General Enquiries: 3131 9611

Email: pace@sleemansports.com.au | Website: www.paceatsleeman.com.au | Facebook: search "Pace at Sleeman"