

Group Exercise Class Timetable

Bookings are essential for ALL group exercises classes on the group exercise class timetable.

Please book by calling 6207 4309 or email FitandWell@cit.edu.au

Bookings can be made up to 7 DAYS in advance.

Minimum of 3 hours before the class start time.

Bookings are to ensure we can notify you if a class is cancelled at the last minute.

It also ensures classes do not exceed the maximum safe capacity.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15-9am	Heart Health Level 2-3 cardio/ Level 1-2 strength	Osteocise Level 1-2 Cardio/ Level 2 Strength	Heart Health Level 2-3 Cardio/ Level 1-2 Strength		Functional Mobility Level 1 - 2 Cardio/ Level 1 -2 Strength
9:15-10am	Osteocise Level 1-2 Cardio/ Level 2 Strength	Heart Health Level 2-3 Cardio/ Level 1-2 Strength	Functional Mobility Level 1 - 2 Cardio/ Level 1 -2 Strength	Osteocise Level 1-2 Cardio/ Level 2 Strength	Functional Health Level 3 Cardio/ Level 3 Strength
10:15-11am	CIRCUIT Level 4-5 Cardio/ Level 4 -5 Strength	Functional Health Level 3 Cardio/ Level 3 Strength	Osteocise Level 1-2 Cardio/ Level 2 Strength	Cardio with Abs, Butts & Thighs Level 4 Cardio/ Level 4 Strength	Heart Health Level 2-3 Cardio/ Level 1-2 Strength
11:15am-12pm	Cardio with Abs, Butts & Thighs Level 4 Cardio/ Level 4 Strength	Functional Mobility Level 1 - 2 Cardio/ Level 1 -2 Strength	CIRCUIT Level 4-5 Cardio/ Level 4 -5 Strength		SMASH Level 5 Cardio/ Level 5 Strength
12:15-1:00pm		Yoga Level 1 Cardio/ Level 3 Strength			

Please arrive 5 - 10 minutes before a group exercise class to set up and clean your equipment

- Please bring your own towel, mat, and water bottle
- No entry to a group exercise class after the class begins
- Classes may change without notice in circumstances beyond our control
- Please let the instructor know if you are new or have any medical conditions
- Please be considerate of other members and instructors and keep talking to a minimum during the class
- Group exercise classes will be limited to 25 participants
- All equipment used during a class must be cleaned before putting away

All group exercise classes are held in the SPORTS HALL in Lower-Level H Block

Group Exercise Class Descriptions

Exercise training guide: 1 = Least Demanding to 5 = Most Demanding

EASY

Functional Mobility

Level 1 -2 Cardio Level 1 – 2 Strength

Functional Mobility is a safe class suitable for anyone to attend, which focuses on flexibility, agility, balance, joint mobility, and core strength. Includes combinations of dynamic movement, core strengthening exercises, static stretching, and dynamic stretching to improve overall stability, mobility, and flexibility. The class is designed to leave you feeling looser, while reducing tension and stiffness. (NOTE: exercises may be on the floor or seated)

Heart Health

Level 2-3 Cardio Level 1-2 Strength

Heart Health is a gentle physical activity class suitable for anyone who hasn't exercised in a while to help to increase your cardiovascular fitness and breathe easier. Exercise at your own pace in a friendly and safe environment.

Osteocise

Level 1-2 Cardio Level 2 Strength

Osteocise is a safe, effective exercise program designed for people in need of increasing the strength of their bones and muscles using handheld dumbbells and TheraBand's. The program is a scientifically proven exercise program for building strong bones and muscles in people over 50.

MEDIUM

Functional Health

Level 3 Cardio Level 3 Strength

Functional Health is an interval style class where you will work individually but within a motivating group environment to improve your strength and fitness. Utilising a variety of training methods and equipment including resistance bands, stability balls, kettlebells, steps, weights, cardio equipment and body weight training, the class aims to train the body to perform everyday activities efficiently and safely. This class is suitable for participants of Heart Health/Osteocise who are interested in trying something faster paced.

Yoga

Level 1 Cardio Level 3 Strength

CIT Fit & Well Yoga is a challenging dynamic, flowing class that combines strong poses with breath work and meditation. The class will improve your strength, mobility, balance, posture, endurance, reduce the risk of injury and leave you feeling relaxed. This class is suitable for participants who can easily get up and down off the floor.

HARD

Cardio with Abs, Butts & Thighs

Level 4 Cardio/Level 4 Strength

This class will be split into 15 to 20 minutes of cardio using spin bikes, steps or the large space in the sports hall and 15 to 20 minutes targeting the lower body using low impact exercises to strengthen and tone your stomach, lower back, bottom, thighs and smaller, stabilizing muscles in your inner thighs and outer glutes. Exercises will be performed on the floor. Exercise mats are provided or bring your own.

CIRCUIT

Level 4 - 5 Cardio Level 4- 5 Strength

CIRCUIT is a challenging high-intensity interval style class designed to improve your strength and fitness using a variety of training methods and equipment including resistance bands, stability balls, kettlebells, steps, weights, and cardio equipment. The class aims to train the body to perform everyday activities efficiently and safely. Benefits include weight loss and improved flexibility, mobility, core stability, balance, and strength. Not recommended for participants with medical conditions or injuries. Maximum of 15 participants.

SMASH

Level 5 Cardio Level 5 Strength

The 'SMASH' class is for members **who have participated in the Circuit classes regularly** and need their fitness challenged beyond an average fitness level. You will work at your own pace in a circle formation following numbers and push yourself to your limits. The 45-minute SMASH class will allow the instructor to use a wide array of equipment and exercises to work on your strength and cardio. Maximum of 15 participants