

2025 Group Fitness Timetable

MON	TUES	WED	THUR	FRI
MORNING CLASSES				
		6.45am—7.30am Strong & Fit Andre Cabrera		
LUNCHTIME CLASSES				
12—12.30pm Pilates Reformer (5) Galia Naor		12—12.30pm Pilates Reformer (5) Natalie Statho	12—12:30pm Pilates Reformer (5) Kuannie Lim	12—12.30pm Jumpboard Reformer Pilates (5) Etaize Anstis
12.30—1.00pm Pilates Reformer (5) Galia Naor	12.30—1pm Boxing Circuit Nick Percy	12.30pm—1pm Pilates Reformer (5) Natalie Statho	12.30—1:00pm Pilates Reformer (5) Kuannie Lim	12.30pm—1pm Pilates Reformer (5) Etaize Anstis
1.00—1.45pm Pilates Reformer (5) Galia Naor		1.00pm—1.30pm Pilates Reformer (5) Natalie Statho	1.00—1.30pm Cardio —Pilates Reformer (5) Kuannie Lim	1.00pm—1.30pm Pilates Reformer (5) Etaize Anstis
AFTERNOON & EVENING CLASSES				
4.00—4.30pm Pilates Reformer (5) Pearl	4.00pm—4.30pm Pilates Reformer (5) Debra	4.00—4.30pm Pilates Reformer (5) Kuannie Lim		
	4.30—5.00pm Pilates Reformer (5) Debra			
4.45—5.15pm Pilates Reformer (5) Pearl	5.00—5.30pm Pilates Reformer (5) Debra	4.45—5.15pm Pilates Reformer (5) Kuannie Lim		
5.15—5.45pm Pilates Reformer (5) Pearl		5.15—5.45pm Pilates Reformer (5) Kuannie Lim		
5.15—6.00pm STRENGTH CIRCUIT Andre Cabrera	5.15—6.00pm POWERBAR Nick Percy	5.15—5.45pm SPIN CLASS Nick Percy	5.15—6.00pm RESISTANCE BAND WORK Nick Percy	

Email: gymnasium@monashhealth.org

Class Descriptions...

PILATES REFORMER. (Max 5 people)	Beginners to Intermediate– Targets deep muscles of the abdomen and lower back. This total body workout is especially useful in retaining range of movement, rehabilitation and prevention of injuries. Online Bookings are essential—contact reception for instructions
JUMPBOARD and MINI TRAMP REFORMER PILATES	This class will get your heart pumping and your muscles burning in all the right ways! Jumpboard offers a safe way and gentle to perform higher intensity exercise. This non weight bearing activity allows you to work hard without putting stress on your joints.
SPIN	Indoor cycling is a form of exercise focusing on endurance, strength, intervals, high intensity and recovery. Enjoy being motivated by our instructor and the other class participants to push yourself to the limits. It's a great cardiovascular challenge!
RESISTANCE BAND WORK	Work your whole body in different ways—using your own body weight, resistance bands and light dumbbells. This class is designed to improve your muscular strength and endurance.
POWER BAR STRENGTH	Power Bar is a low impact workout using specially designed barbells and also some dumbbell work. This class is perfect for toning and strengthening your whole body whilst working your cardiovascular system at the same time.
FUNCTIONAL & FIT TRAINING	This class will strengthen your body in functional movement patterns. Easily progressed and regressed for all fitness levels, but teaching your body to be ready for all types of movement.
STRONG	A full body workout that gets you ready for the working day! Core and body weight exercises wrapped around functional movement patterns which will improve your overall strength and fitness for life's daily activities.

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