

2026 Group Fitness Timetable

MON	TUES	WED	THUR	FRI
MORNING CLASSES				
		6.45—7.30am Strong & Fit Andre		
LUNCHTIME CLASSES				
	12.30—1pm Express Circuit Nick			
12—12.30pm Pilates Reformer (5)	12—12.30am Pilates Reformer (5) Natalie		12—12:30pm Pilates Reformer (5) Kuannie	12—12.30pm Pilates Reformer (5) Angeline
12.30—1.00pm Pilates Reformer (5)	12.30pm—1pm Pilates Reformer (5) Natalie		12.30—1:00pm Pilates Reformer (5) Kuannie	12.30pm—1pm Pilates Reformer(5) Angeline
1.00—1.45pm Pilates Reformer (5)	1.00pm—1.30pm Pilates Reformer (5) Natalie		1.00—1.30pm Cardio—Pilates Reformer (5) Kuannie	1.00pm—1.30pm Pilates Reformer(5) Angeline
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		
4.45—5.15pm Pilates Reformer (5) Pearl	4.30—5.00pm Pilates Reformer (5) Debra	4.45—5.15pm Pilates Reformer (5) Kuannie		
5.15—5.45pm Pilates Reformer (5) Pearl	5.00—5.30pm Pilates Reformer (5) Debra	5.15—5.45pm Pilates Reformer (5) Kuannie		
5.15—6.00pm STRENGTH CIRCUIT Andre	5.15—6.00pm POWERBAR Nick	5.15—5.45pm SPIN CLASS Nick	5.15—6.00pm RESISTANCE BAND WORK Nick	

Email: gymnasium@monashhealth.org

Class Descriptions...

PILATES REFORMER. (Max 5 people)	<p>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.</p> <p>Online Bookings are essential—contact reception for instructions</p>
JUMPBOARD and MINI TRAMP REFORMER PILATES	<p>This class will get your heart pumping and your muscles burning in all the right ways!</p> <p>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.</p>
SPIN	<p>Indoor cycling is a form of exercise focusing on endurance, strength, intervals, high intensity and recovery.</p> <p>Enjoy being motivated by our instructor and the other class participants to push yourself to the limits.</p> <p>It's a great cardiovascular challenge!</p>
RESISTANCE BAND WORK	<p>Work your whole body in different ways—using your own body weight, resistance bands and light dumbbells.</p> <p>This class is designed to improve your muscular strength and endurance.</p>
POWER BAR STRENGTH	<p>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.</p>
FUNCTIONAL & FIT TRAINING	<p>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.</p>
STRONG	<p>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.</p>

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