

TIMETABLE

EFFECTIVE 1 DECEMBER 2021

OPEN 24/7
STAFFED HOURS

Monday - Thursday: 6:00am – 8:00pm
Friday: 6:00am – 6:00pm
Saturday: 8:00am – 1:00pm
Sunday & Public Holidays: Unstaffed

GROUP FITNESS STUDIO

ALL MEMBERS MUST Book Online via the Genesis App

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	45 45 MINS	BARRE ATTACK 45 MINS	SCHWINN CYCLE 45 MINS	BOOTYHIIT 45 MINS	BODY BLITZ 45 MINS		
7.15AM						TOTAL BODY 55 MINS	
8.15AM						SCHWINN CYCLE 45 MINS	
8.15AM						BOOTYHIIT 45 MINS	
9.15AM	TOTAL BODY 55 MINS	STEP 30 MINS	BODY BLITZ 45 MINS	BARRE ATTACK 45 MINS	BOOTYHIIT 45 MINS	PILATES 45 MINS	
9.15AM		SCHWINN CYCLE 45 MINS		SCHWINN CYCLE 45 MINS			
9.45AM		CARDIO SCULPT 30 MINS					
10.00AM			ABS 15 MINS	STRETCH 15 MINS	YOGA 55 MINS	B-ACTIVE 45 MINS	
10.15AM	BODY BLITZ 45 MINS	PILATES 45 MINS	BARRE ATTACK 45 MINS	PILATES 45 MINS			
11.00AM	YOGA 55 MINS	ZUMBA 55 MINS	YOGA 55 MINS	B-ACTIVE 45 MINS	ZUMBA 55 MINS		
4.00PM							YOGA 55 MINS
4.30PM	BARRE ATTACK 45 MINS	BODY BLITZ 45 MINS	CARDIO SCULPT 30 MINS	45 45 MINS			
5.00PM			FATBURNER 30 MINS				
5.15PM		ABS 15 MINS					
5.30PM	SCHWINN CYCLE 45 MINS						
5.30PM	45 45 MINS	ZUMBA 55 MINS	BARRE ATTACK 30 MINS	STEP 45 MINS	PILATES 45 MINS		
6.00PM			SCHWINN CYCLE 45 MINS				
6.30PM	PILATES 45 MINS	YOGA 55 MINS		YOGA 55 MINS			

PLEASE NOTE: Bookings are essential. Timetable is subject to change.

Genesis Warners Bay

13/240-260 Hillsborough Road, Warners Bay NSW 2282
Call **02 4087 8799** or visit genesisfitness.com.au

GENESIS
HEALTH + FITNESS

OUR CLASS GUIDE

✓✓ = Best results ✓ = Other benefits

		FITNESS	STRENGTH & TONE	WEIGHTLOSS	WELLNESS
ABS	15mins abdominals, core and lower back workout. Tighten and flatten your abs.		✓✓		
45	45 is a fullbody functional workout designed to maximise results whilst improving energy levels, strength and endurance. A fast way to burn calories whilst improving your overall fitness.	✓✓	✓	✓	
BARRE ATTACK	Longer, leaner, fitter. Barre Attack is a high intensity low impact exercise program that creates a long lean, fit body & mind. Pilates precision and ballet poise mixed with functional cardio intervals. The perfect blend of all things Pilates, fitness and ballet	✓	✓✓	✓	✓
BODY BLITZ	A stationary resistance workout designed to build strength and burn calories to define your body shape. Enjoy working all muscle groups in this weights to music group fitness program.	✓	✓✓	✓	
B-ACTIVE	Want to be more active but don't know where to start? This class is for you! A varied workout for the beginner at a low to moderate intensity. Great for the young at heart.	✓	✓		✓
BOOTYHIIT	A booty focused workout designed to help activate, strengthen and tone your glutes. Incorporating a range of strengthening and toning exercises with the addition of some cardiovascular fitness components to enhance your results.	✓	✓✓	✓	
CARDIO SCULPT	A combination of cardiovascular & resistance exercises to challenge any fitness level & strenghten the body.	✓✓	✓	✓	
FATBURNER	This class incorporates aerobics moves combined with resistance exercises to deliver the ultimate in fat burning results to suit all fitness levels.		✓✓		✓✓
PILATES	Pilates is named for its creator Joseph Pilates who developed the exercises in the 1920's. Pilates emphasizes proper postural alignment, core strength and muscle balance.		✓		✓✓
SCHWINN CYCLE	Exhilarating authentic cycle class based around real outdoor cycling experiences. From beginners to advanced allowing all levels to ride together	✓✓		✓✓	
STEP	Classic cardio workout using intermediate step choreography patterns to boost your heart rate and strengthen your muscles.	✓✓		✓	
STRETCH	15 minutes total body stretch & relax to complement your workout. We all need a little more stretch.	✓✓	✓	✓	
TOTAL BODY	Work every major muscle group with a combination of cardio, step and resistance exercises for an all-over full body workout.	✓✓	✓	✓✓	
YOGA	improve muscle tone, flexibility, strength and stamina. Stimulate immune system, improve circulation, reduce stress and tension. Create wellbeing and calm.		✓		✓✓
ZUMBA	fuses fun hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. Get ready to join the party!	✓		✓✓	