

TIMETABLE

EFFECTIVE 1 MARCH 2022

OPEN 24/7
STAFFED HOURS

Monday – Wednesday: 5:30am – 9:00pm
Thursday – Friday: 5:30am – 8:00pm
Saturday: 7:00am – 4:00pm
Sunday: 8:00am – 4:00pm

GROUP FITNESS

ALL MEMBERS MUST Book Online via the Genesis App

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM	45 45MINS	45 45MINS	45 45MINS	45 45MINS	45 45MINS		
6.00AM	BODY BLITZ 45MINS			BODY BLITZ 45MINS	SCHWINN CYCLE 45MINS		
6.15AM		SCHWINN CYCLE 45MINS	BARRE 45MINS				
8.15AM					BE ACTIVE 45MINS	STEP MOVES 45MINS	BARRE 45MINS
9.15AM	FATBURNER 45MINS	FATBURNER 45MINS	STEP MOVES 45MINS	ZUMBA 45MINS	FATBURNER 45MINS	ZUMBA 45MINS	YOGA 45MINS
				45 45MINS		SCHWINN CYCLE 45MINS	
10.15AM	BODY BLITZ 45MINS	PILATES 45MINS	BODY BLITZ 45MINS	BALANCE 45MINS	BARRE 45MINS	YOGA 45MINS	
12.15PM	BALANCE 45MINS	BARRE 45MINS	PILATES 45MINS				
4.30PM							BODY BLITZ 45MINS
4.45PM	STEP MOVES 45MINS	BODY BLITZ 45MINS		BARRE 45MINS	YOGA 45MINS		
5.00PM			SCHWINN CYCLE 45MINS				
5.45PM	BARRE 45MINS	45 45MINS	BODY BLITZ 45MINS	45 45MINS			
5.45PM	SCHWINN CYCLE 45MINS						
6.30PM		ZUMBA 45MINS	YOGA 45MINS				

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

Genesis Cooks Hill
Level 2, 235 Darby, Street Cooks Hill NSW 2300
Call **02 4926 4488** or visit genesisfitness.com.au

GENESIS
HEALTH + FITNESS

OUR CLASS GUIDE

✓✓ = Best results ✓ = Other benefits

		FITNESS	STRENGTH & TONE	WEIGHTLOSS	WELLNESS
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.	✓✓	✓	✓	
BALANCE	A combination of yoga, pilates, stretching and balance movements which will perfectly compliment any workout.		✓		✓✓
B - ACTIVE	A varied workout at a low to moderate intensity to improve your overall fitness & wellness. Specific to Seniors, beginners and those with physical limitations.	✓✓	✓	✓	✓
BARRE	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.	✓	✓✓	✓	✓
BODYBLITZ	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.	✓	✓✓	✓	
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 MOVES	Intermediate to advanced step choreography workout to improve coordination, cardiovascular fitness and endurance.	✓✓		✓	
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!	✓		✓✓	