

CYCLE: STUDIO 1

CYCLE BEATS Ride the rhythm through a musically driven workout that will inspire the rockstar in you!

POWER CYCLE An individual workout in a group environment, setting your unique Functional Threshold Power (FTP) allows our coaches to guide everyone through the same workout while accounting for all fitness levels.

VIRTUAL CYCLE Virtual coaching technology via the big screen gives you more options to train at your leisure.

CIRCUIT: STUDIO 3

ACTIVE LIVING Move it or lose it as they say! And if you've already lost it, come and regain it again. A circuit with cardio and coordination stations. Functional exercises to help with strength and mobility. Medical clearance required.

CIRCUIT Mixing up strength and cardio focussed stations, using machines, free weights and other fitness tools, you will get a wholebody workout that you can modify as needed.

CROSS BODY Combining different elements of fitness for maximum benefit for you. Mon and Wed start with 25 minutes of Swiss Ball in Studio 2, and Fridays kick off with 25 minutes of Smooth Cycle in Studio 1. Then head into Studio 3 to use traditional and non-traditional gym and exercise equipment to complete your total body workout.

HEALTHY HEARTS An ongoing one-hour group session training program to help you manage your medical condition. Each person is guided through a personalised individual program, supervised by qualified, caring staff. Full approval by a medical practitioner is required before attending the program.

HIIT A High Intensity Interval Training full body workout to increase fitness, strength and endurance. Each session uniquely mixes a range of equipment and conditioning exercises for extreme fun and results.

AEROBICS: STUDIO 2

ABSOLUTION Want firm flat abs and a strong lower back? Here's your solution.

ABS AND ROCKBOTTOM Want firm flat abs and a strong lower back? Want to tone your glutes and develop functional power in your legs to create glutes that salute? Affectionately entitled Abs and Butt class!

ACTIV A low impact aerobics class combining basic and athletic rhythmic movements to exercise large muscle groups. Improve your cardiovascular fitness and flexibility while having fun.

AEROMIX Cardio fitness, everyday strength, coordination and mobility combine in a fun aerobic styled class that will keep you fit and healthy for daily living.

BODY DYNAMICS A blend of yoga, pilates, stretching and body awareness. Great for core strength, flexibility, balance and muscular endurance.

BOX FIT Drills and techniques from boxing including correct stance, footwork, body mechanics, punch technique and combinations. The class includes partner/glove work, pad work and cardio drills, It's a fun, challenging workout, great for stress busting and accessible to all ages and fitness levels.

CARDIO TONE A fusion of floor, step, weights, swiss ball and weighted exercises. Different every week. Go at your own pace to develop your cardio fitness, functional strength and tone your whole body.

FLEXIBILITY Using simple and dynamic stretches, you will increase your range of motion and release tension.

HIIT 50 An indoor bootcamp. 50 minutes of High Intensity Interval Training which may include Strength, Bodyweight, Cardio and Core. This class will burn calories and raise your metabolism for hours. A different plan each month will challenge and excite you to find your inner athlete.

LOADED Lifting barbells and dumbbells to awesome beats, you will find your firm, toned body in no time!

PILATES Postural alignment, core strength and muscle balance, focussing on relaxing tense muscles as well as strengthening them.

PUNCH Drills and techniques from boxing combined with cardio exercises will get you fit quick! All levels of capability are catered for.

RHYTHM A fun way to do your cardio. Each month is a different dance style to move and groove to.

YOGA Experience the different styles of Yoga, with our instructors varying the type of yoga experienced each week. A great way to experience all Yoga has to offer.

ZUMBA A Latin inspired dance fitness class that is friendly and fun!

GROUP EXERCISE

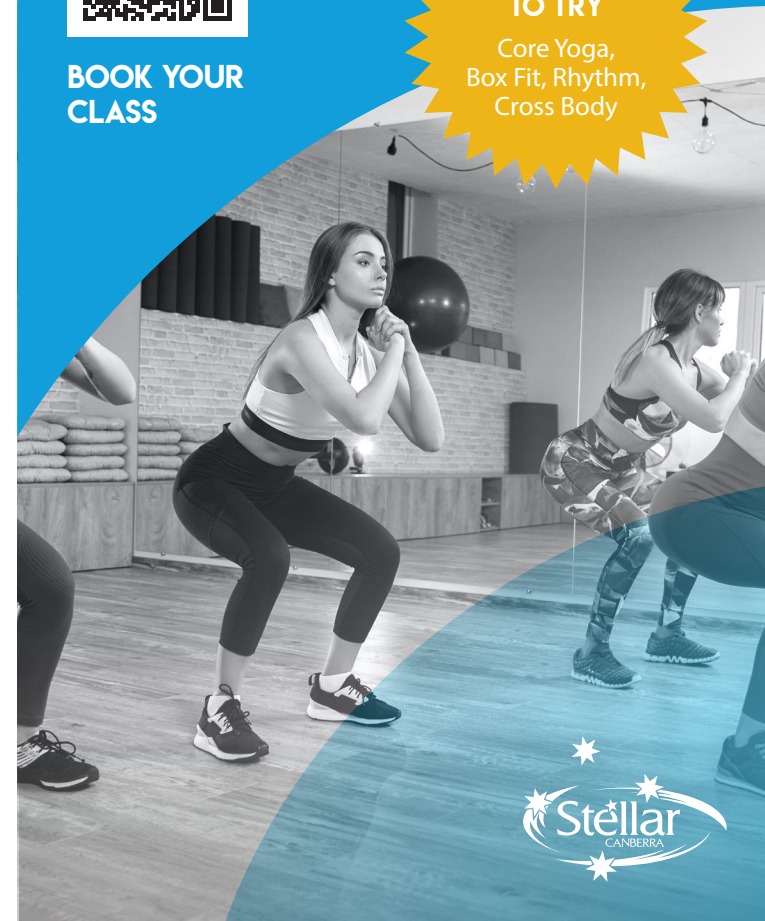
JUL-SEPT 2024



BOOK YOUR CLASS

CLASSES TO TRY

Core Yoga, Box Fit, Rhythm, Cross Body



stellarcanberra.com.au
6283 7340

Stellar Canberra
50 Launceston Street, Woden



GROUP EXERCISE JUL-SEPT 2024

For safety reasons, you will not be able to enter class 5 minutes after start time.
Let the instructor know if you are injured or have any medical conditions that we need to be aware of.

Most classes are 45 minutes. Express class is 30 minutes. *Class is 55 minutes. Classes are subject to change.

CLASSES TO TRY

Core Yoga,
Box Fit, Rhythm,
Cross Body

CYCLE: STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am		Cycle Beats		Cycle Beats			
8am						Cycle Beats	
9am	Virtual Cycle	Virtual Cycle	Virtual Cycle	Virtual Cycle	Virtual Cycle		Cycle Beats
12.30pm	Virtual Cycle	Virtual Cycle		Virtual Cycle			
5.30pm	Power Cycle	Cycle Beats		Cycle Beats			

AEROBICS: STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	Loaded*	Pilates*			Punch		
7am		Core Yoga (express)					
7.30am	Flexibility	Zumba	Flexibility	Loaded	Flexibility		
8am							Yoga*
8.30am						Loaded	
9am							
9.30am	Pilates	Cardio Tone	Rhythm	Loaded	Body Dynamics	Activ	
10am							Loaded
10.30am	Flexibility	Flexibility	Flexibility	Flexibility	Aero Mix	Box Fit	
11am							
11.30am	Rhythm						
12.30pm			Pilates		Loaded		
3.30pm							
4.30pm		Pilates			Yoga		Loaded
5.30pm	Loaded	Yoga	Loaded	Abs & Rockbottom*	Zumba		Body Dynamics
6.30pm		Zumba	Absolution	Zumba			
7pm			HIIT 50*				

CIRCUIT: STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am			Circuit			
8.30am				Active Living		
9am	CrossBody	Active Living	CrossBody		CrossBody	HIIT
10am	Active Living		Active Living		Active Living	
11am	Active Living		Active Living		Active Living	
12.30pm	Circuit		Circuit			
2pm	Healthy Hearts		Healthy Hearts		Healthy Hearts	

Cardio
 Weights
 Mind & Body
 Toning
 Dance
 Virtual Class
 Medical approval required