

Welcome:

At CBay Fitness we are more than just exercise. Our passion is motivating and guiding our customers to a fitter, healthier and happier life through exercise and nutrition. We will be there to inspire you. Drive you. Motivate you to be better than you were the day before.

Be prepared to change yourself for good and have fun doing it, because we'll be right there with you.

The CBay Fitness Team

What's included in your Membership

- Initial fitness assessment and personal exercise programme with a qualified Fitness Instructor
- 15 minute gym familiarisation tour
- Complimentary 4 to 6 weekly exercise programme reviews, timing dependant on your fitness goals
- Standard memberships include Les Mills Group Fitness classes
- Premium membership includes Aqua Fitness and pool access
- Participation in 'paid for' and 'value-added' fitness challenges, Bootcamps and Small Group Training sessions
- Exercise in a modern, clean and air-conditioned facility
- Modern state-of-the-art gym equipment
- Train and exercise with a group of like-minded fun individuals, or on your own it's your choice.

CBay Fitness Membership Types:

- **Premium - full or off-peak:** Access to Gym, Les Mills Group Fitness Classes, Aqua Fitness Classes, Pools and Chillax Area 16+ (Steam, Sauna & Spa).
- **Standard full or off-peak:** Access to Gym and Les Mills Group Fitness Classes.

CBay Fitness Gym Hours:

- **Full:** Monday to Friday 5:30am-9pm, Weekends and Public Holidays 7am-7pm.
- **Off-Peak:** Monday to Sunday between 8.00am and 3.30pm.

CBay Fitness Membership Payment Options:

- **12 Month Upfront Payment.**
- **Monthly Flexi-Membership option:** Join with a minimum term of 30 days, payment is fortnightly and 30 days notice must be given for membership cancellation.

Aqua Fitness:

Aqua Fit - 25m Pool - 27.8C

Is held in deep water with aqua belts. A great cross training alternative using a variety of training methods from interval training to circuits.

Aqua Gentle - Programme Pool - 32C - Classes limited to 35 people

Is a shallow water class designed for the more mature client (60+), injury rehabilitation or pregnancy. Increases general mobility, as well as cardiovascular fitness.

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|------------------|----------------|------------------|----------------|------------------|
| 8.45am - 9.30am | aquagente | | aquagente | | aquagente |
| 9.45am - 10.30am | aquagente | | aquagente | | aquagente |
| 6.45pm - 7.30pm | | aquafit | | aquafit | |



TIMETABLE

Updated March 2024



SCYBEX LESMILLS



Opening Hours

Aquatics and Fitness:
Monday - Friday 5.30am - 9pm
Saturday, Sunday &
Public Holidays 7am - 7pm

Caroline Bay Trust Aoraki Centre
Te Weka Street, Timaru
T: +64 3 687 7723

www.cbaytimaru.co.nz

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--|---|---|---|---|-------------------------------|---|
| 6.00am | <div>LES MILLS GRIT SERIES</div> | <div>Strength Development</div> | <div>LES MILLS BODYBALANCE</div> <div>LES MILLS sprint</div> | <div>LES MILLS GRIT</div> <div>STRENGTH</div> | <div>Strength Development</div> <div>LES MILLS sprint</div> | | |
| 6.15am | <div>LES MILLS RPM</div> | <div>LES MILLS RPM</div> | | <div>LES MILLS RPM</div> | | | |
| 6.30am | <div>LES MILLS Shapes</div> <div>(35min class)</div> | | <div>LES MILLS sprint</div> | <div>coreFIT</div> | | | |
| 8.15am | | | | | | <div>LES MILLS RPM</div> | |
| 8.30am | | | | | | | <div>LES MILLS sprint</div> |
| 9.00am | | <div>ageFIT</div> | | <div>ageFIT</div> | | <div>LES MILLS Shapes</div> | <div>LES MILLS GRIT SERIES</div> <div>(30min class)</div> |
| 9.15am | <div>LES MILLS BODYBALANCE</div> | <div>LES MILLS BODYPUMP</div> | <div>LES MILLS sprint</div> <div>LES MILLS BODYSTEP</div> | <div>LES MILLS BODYPUMP</div> | <div>LES MILLS RPM</div> <div>LES MILLS BODYSTEP</div> | | |
| 9.30am | | | | | | | <div>LES MILLS BODYBALANCE</div> |
| 9.45am | | | | | | <div>LES MILLS BODYPUMP</div> | |
| 10.00am | | | <div>LES MILLS Shapes</div> | | | | |
| 10.15am | <div>tone</div> | <div>LES MILLS BODYBALANCE</div> | | <div>tone</div> | <div>LES MILLS BODYBALANCE</div> | | |
| 12.15pm | <div>LES MILLS Shapes</div> <div>(35min class)</div> | <div>LES MILLS RPM</div> <div>(30min Express class)</div> | | <div>MIDDAY Move</div> | <div>LES MILLS CORE</div> | | |
| 5.00pm | | | <div>LES MILLS Shapes</div> <div>(30min Express class)</div> | <div>LES MILLS CORE</div> | | | |
| 5.15pm | | <div>Strength Development</div> | | | | | |
| 5.30pm | <div>LES MILLS CORE</div> <div>BOX FIT</div> | <div>LES MILLS CORE</div> <div>(Studio 2)</div> | <div>LES MILLS BODYATTACK</div> <div>(30min Express class)</div> <div>LES MILLS BODYBALANCE</div> <div>(Studio 2)</div> | <div>LES MILLS BODYBALANCE</div> <div>(30min Express class)</div> <div>LES MILLS RPM</div> <div>(30min Express class)</div> | | | |
| 6.00pm | <div>LES MILLS RPM</div> <div>LES MILLS GRIT SERIES</div> <div>(30min Express class)</div> | <div>LES MILLS RPM</div> <div>LES MILLS BODYSTEP</div> | <div>LES MILLS sprint</div> <div>LES MILLS BODYPUMP</div> <div>(30min Express class)</div> | <div>LES MILLS sprint</div> <div>LES MILLS Shapes</div> | | | |
| 6.30pm | <div>LES MILLS BODYPUMP</div> | | | | | | |
| 7.00pm | | <div>LES MILLS BODYBALANCE</div> | | | | | |

LES MILLS CORE

CORE® - 30 minute workout for incredible core tone and sports performance. Building strength, stability and endurance in the muscles that support you from the inside out. You'll work your surrounding core muscles to improve balance, assist injury prevention and increase postural alignment– it really is more than just CORE!

LES MILLS BODYPUMP

BODYPUMP® - Experience the REP EFFECT with Body Pump, a full body workout utilising time under tension and fatigue to generate muscular adaptation and definition. You'll burn calories, shape and tone your entire body with a mix of Barbell, plate and body weight exercises. The energetic music and science backed movements make this the ultimate resistance training workout.

LES MILLS RPM

RPM® * - The cardio kicker. A 45 minute low impact, indoor cycle class. Taking on all terrain training through hills, flats, mountain peaks, and interval training. RPM will increase your aerobic fitness and endurance, burn major calories and create strong lean muscles while riding the rhythm.

LES MILLS BODYBALANCE

BODYBALANCE® - Gain flexibility in the yoga-based class that incorporates Tai Chi and Pilates. This class is for anyone and everyone to help improve your mind, mobility and strength. You'll leave this class feeling calm and centred.

LES MILLS BODYATTACK

BODYATTACK® - A high-energy class combining athletic movements, strength exercises and agility sports inspired movements. You'll build stamina, improve your coordination and agility. Dynamic instructors and powerful music will get you through every squat, tuck jump and burpee no matter what your fitness level.

LES MILLS BODYSTEP

BODYSTEP® - Using a height adjustable step you can expect upbeat, rhythmic stepping to improve coordination and agility. Combine this with movements like squats, burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout! Cardio blocks will push your fat burning system into high gear.

LES MILLS tone

tone® - It's a 3 workout session in 1! Features the optimal mix of strength, cardio and core training at a lower impact. A great foundational class to improve energy levels, build fitness and burn calories in 45 minutes.

LES MILLS Shapes

SHAPES™ - is a spicy hot strength-based workout inspired by Pilates, Barre & Power Yoga. Created in an interval training structure, this is a full body targeted workout that is mixed intensity and low-impact, suitable for all fitness and ability levels.

LES MILLS sprint

SPRINT® - 30 minute high intensity interval training on a bike. Using short bursts of intense working efforts followed by short recovery periods gets you fast results with minimal impact. This class is scientifically proven to provide results fast as you burn calories for hours post workout.

LES MILLS GRIT | STRENGTH

GRIT STRENGTH® * - 30 minute high intensity interval training designed to increase strength and build lean muscle mass. Using a combination of barbells, weight plates and body weight exercises and a mixture of compound movements will blast all major muscle groups. Experience the power of personal training as your coach joins you and motivates you over the finish line.

LES MILLS GRIT | CARDIO

GRIT CARDIO® * - A high intensity cardio workout like nothing else. Designated to burn fat and rapidly improve athletic capacity, this 30 minute high impact team training styled session, combines body weight functional exercises and uses no equipment to achieve results.

LES MILLS GRIT SERIES

GRIT SERIES - The ultimate HIIT (high intensity interval training) class). The combination of Grit Cardio and Grit Strength using sports conditioning workouts for optimal performance. This 30 minute class will have you training like an athlete and to increase your overall strength, fitness and resilience.

MIDDAY Move

MIDDAY Move - is a structured class without cardio. Poses are held longer, with slow, controlled movements and correct breathing technique to work and stretch the connective tissue around muscles and joints which helps improve flexibility, strength and posture.

ageFIT

ageFIT - A fun and rewarding class for active seniors. Improve your balance, strength and conditioning. Classes are based on a variety of fitness components important for keeping fit and longevity.

BOX FIT

boxFIT - Boxing inspired movements using gloves and pads completing various drills to build lean muscle, core strength and increase cardiovascular fitness.

Strength Development

STRENGTH DEVELOPMENT - A functional full body strength workout, in a traditional strength structure! This program works in timed intervals, using TEMPO and REP ranges. It also works in weekly blocks of 'Pure Strength / Hypertrophy / Power and Athleticism. This is strength training like you've never seen it before from Les Mills.