

Members are required to book for Classes using the Mywellness App.
Casual attendances are **only permitted** if there is **space available**. Call Pace on 3131 9615 for more information.

WATER CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
	50m Swim Pace 5:15am - 6:45am Gary		50m Swim Pace 5:15am - 6:45am Gary	50m Swim Pace 5:15am - 6:45am Regan	
	50m Swim Pace 9:00am - 10:30am Gary		50m Swim Pace 9:00am - 10:30am Gary	50m Swim Pace 9:00am - 10:30am Regan	
DP Deep Aqua 9:30am - 10:15am Teresa	DP Deep Aqua 9:30am - 10:15am Michelle	DP Deep Aqua 9:30am - 10:15am Marisa	DP Deep Aqua 9:30am - 10:15am Carolina	DP Deep Aqua 9:30am - 10:15am Michelle	
25m Shallow Aqua 10:30am - 11:15am Teresa	25m Shallow Aqua 10:30am - 11:15am Michelle	25m Gentle Aqua 10:30am - 11:15am Marisa	25m Shallow Aqua 10:30am - 11:15am Carolina	25m Shallow Aqua 10:30am - 11:15am Michelle	
25m On Core Aqua 11:30am - 12:15pm Teresa					
					DP Deep Aqua 4:45pm - 5:30pm Valerie
			50m Swim Pace 6:30pm - 8:00pm Regan		

50m **50 Metre Pool**
Aquatic Centre - Indoor 50m Pool

25m **25 Metre Pool**
Aquatic Centre - Indoor 25m Pool

DP **Dive Pool**
Aquatic Centre - Indoor Dive Pool

for Class Changes & Cancellations:
please go to
www.paceatsleeman.com.au

LAND CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
S1 Cardio Blast 5:30am - 6:00am Mau	S2 RPM™ 5:30am - 6:00am Marisa	VEL Run Pace 5:30am - 6:30am David	S2 Spinning 5:30am - 6:15am David	S3 Cardio Blast 5:30am - 6:00am Mau	Saturday
S1 Strength Boost 6:00am - 6:30am Mau	S2 Body Pump Express™ 6:10am - 6:40am Marisa	PILATES with Chris to return from week of 4th June		S3 Box Max 6:00am - 6:30am Mau	S3 Bootcamp 6:30am - 7:30am Aron
S1 S.L.T. Strengthen, Lengthen & Tone 7:45am - 8:30am Marisa	S3 Core Yoga 8:00am - 9:00am Regan	S3 Dance Fitness 7:45am - 8:30am Valerie	S3 Circl Mobility™ 7:30am - 8:15am Carolina	S3 Core Yoga 8:00am - 9:00am Regan	S2 Spinning 8:00am - 8:45am Aron
S1 Body Pump™ 8:40am - 9:40am Marisa		S3 Hatha Yoga - Gentle 8:45am - 9:45am Radhika	S3 Zumba 8:20am - 9:10am Carolina	S1 Step Pace 9:00am - 9:45am Fiona	S3 Flow Yoga 9:00am - 10:00am Regan
	S1 Cardio Circuit 9:30am - 10:00am Mau		S1 S.L.T. Strengthen, Lengthen & Tone 9:15am - 10:15am Marisa	S1 Abs & Thighs 9:50am - 10:20am Fiona	
	S1 Strength Boost 10:00am - 10:30am Mau	S1 Body Pump™ 10:00am - 11:00am Suzanne	S1 Reactivate 10:20am - 11:05am Marisa	S2 RPM™ 9:30am - 10:15am Suzanne	
S1 Reactivate 9:50am - 10:35am Marisa		S3 Chair Strength Yoga 10:00am - 10:45am Radhika	S3 Chair Yoga 11:15am - 12:00pm Marisa	S3 Stretch & Relax 10:30am - 11:30am Suzanne	
S3 Hatha Yoga 10:45am - 11:45am James	S3 Hatha Yoga 10:45am - 11:45am Jane			S1 Strengthen Up 10:30am - 11:00am Fiona	
S2 Spin Express™ 5:00pm - 5:30pm Teresa				S3 Restorative Yoga 5:00pm - 6:00pm Regan	Sunday
S1 Body Pump Express™ 5:35pm - 6:05pm Teresa	S3 Cardio Circuit 5:30pm - 6:00pm Mau	S3 Bootcamp 5:30pm - 6:15pm Eva			S3 Restorative Yoga 3:30pm - 4:30pm Regan
S1 Stretch & Relax 6:15pm - 7:00pm Teresa	S3 Box Fit 6:05pm - 7:05pm Mau	S1 Core & Balance 6:15pm - 7:15pm Valerie	PILATES with Chris to return from week of 4th June		
VEL Run Pace 6:15pm - 7:15pm David		S2 Spinning 6:30pm - 7:15pm Eva			

S1 **STUDIO 1**
Level 1 - Anna Meares Velodrome

S2 **STUDIO 2**
Level 2 - Anna Meares Velodrome

S3 **STUDIO 3**
Northern Side - Anna Meares Velodrome

VEL **VELODROME**
Meet at Pace Reception - Velodrome

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GROUP FITNESS CLASS PRICING CLASSES






MEMBERSHIPS: All classes are included as part of the **Pace at Sleeman** Membership

***CASUAL RATE:** \$22 Adults / \$20 Concession (Up to 2 activities permitted per visit)


























10 VISIT PASS: \$159 Adults / \$149 Concession

 Low to Moderate Intensity  Moderate Intensity  Higher Intensity  Mind & Body (Suitable for all levels)

WATER CLASSES

-  **DEEP AQUA** - Held in Deep Water. This class utilizes buoyancy belts & floating dumbbells. Beginners to Advanced.
-  **GENTLE AQUA** - Gentle class in the warmer 25m Pool. Great for chronic back pain and arthritis.
-  **ON CORE AQUA** - Strengthen and stretch your body using your core centre. Beginners to Advanced.
-  **SHALLOW AQUA** - A water class to tone muscles and increase the efficiency of your heart & lungs. Held in the 25m Pool. Beginners to Advanced.
-  **SWIM PACE** - Suitable for all those who can swim but who need some stroke correction.

LAND CLASSES

-  **ABS & THIGHS** - Combine strength-based exercises for your Abs & Thighs in this focused 30min workout #
-  **BODY PUMP™** - Barbell workout for anyone looking to get lean, toned and fit – fast. Total body conditioning using light to moderate weights.
-  **BOOTCAMP** - High intensity, full body workout using a variety of equipment.
-  **BOX FIT** - Boxing & Circuit class including glove and focus pad exercises. (Please bring your own gloves & inners if you have them).
-  **BOX MAX** - 30 minute high intensity boxing class.
-  **CARDIO BLAST** - 30 minutes of high intensity cardio-based exercises using a variety of equipment.
-  **CARDIO CIRCUIT** - 30 minute circuit-based cardio class.
-  **CHAIR STRENGTH YOGA** - Yoga & strength training with resistance bands + chair for support. Build strength, improve bone health, posture & balance. #
-  **CHAIR YOGA** - Modified Yoga with exercises in the chair and using a chair for balance whilst standing. #
-  **CIRCL MOBILITY™** - Functional movement. Focusing on flexibility, breathwork & mobility exercises. #
-  **DANCE FITNESS** - Music from all over the world incorporating all styles of dance to bring you a workout that's so much fun.
-  **FLOW YOGA** - A sequence of flowing dynamic movements suitable for all levels. Incorporates breathing techniques and overall body mindfulness. #
-  **HATHA YOGA / HATHA YOGA - GENTLE** - Hatha Yoga, the original Yoga, for balance of body and mind. #
-  **PILATES** - Mat Pilates. Controlled moves & posture to increase strength & flexibility. #
-  **REACTIVATE** - A fun and varied class incorporating low impact cardio of moderate intensity.
-  **RESTORATIVE YOGA** - A style of yoga that combines floor based postures and focused breath to help us relax both mind and body. #
-  **R.P.M.™** - Group Indoor Cycling workout, low impact, motivating music where you control your own resistance levels & speed.
-  **RUN PACE** - Running Class around the Complex (Meet at Gym Reception at the Velodrome).
-  **S.L.T. - STRENGTHEN, LENGTHEN & TONE** - A low impact class to strengthen muscles while improving postural alignment and flexibility.
-  **SPINNING** - Cardio class utilising stationary exercise bikes.
-  **STEP PACE** - A fun cardio class using a Step. Catered to all levels from beginner to advanced.
-  **STRENGTH BOOST** - 30 minute resistance training workout including core exercises.
-  **STRENGTHEN UP** - 30 minute "Upper Body" resistance training workout focusing predominantly on the Chest, Back, Shoulders & Arms.
-  **STRETCH & RELAX** - Low-impact stretching class. Suitable for all fitness levels. #
-  **ZUMBA** - A fusion of hypnotic Latin Rhythms and easy-to-follow moves.

PLEASE BRING YOUR OWN MAT
IF YOU HAVE ONE

Pace at Sleeman: 3131 9615 | General Enquiries: 3131 9611

Email: pace@sleemansports.com.au | Website: www.paceatsleeman.com.au | Facebook: search "Pace at Sleeman"