

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 <b>* Swim Pace</b> 5:15am - 6:45am <b>Regan</b>	50m <b>Swim Pace</b> 5:15am - 6:45am <b>Gary</b>		50m <b>Swim Pace</b> 5:15am - 6:45am <b>Gary</b>	50m <b>Swim Pace</b> 5:15am - 6:45am <b>Regan</b>	
<b>* held alternate weeks</b> <i>see mywellness app.</i>	DP <b>Deep Aqua</b> 7:00am - 7:45am <b>Michelle</b>			DP <b>Deep Aqua</b> 7:00am - 7:45am <b>Michelle</b>	
50m <b>* Swim Pace</b> 9:00am - 10:30am <b>Regan</b>	50m <b>Swim Pace</b> 9:00am - 10:30am <b>Gary</b>		50m <b>Swim Pace</b> 9:00am - 10:30am <b>Gary</b>	50m <b>Swim Pace</b> 9:00am - 10:30am <b>Regan</b>	
DP <b>Deep Aqua</b> 9:30am - 10:15am <b>Teresa</b>	DP <b>Deep Aqua</b> 9:30am - 10:15am <b>Michelle</b>	DP <b>Deep Aqua</b> 9:30am - 10:15am <b>Marisa</b>	DP <b>Deep Aqua</b> 9:30am - 10:15am <b>Carolina</b>	DP <b>Deep Aqua</b> 9:30am - 10:15am <b>Michelle</b>	
25m <b>Shallow Aqua</b> 10:30am - 11:15am <b>Teresa</b>	25m <b>Shallow Aqua</b> 10:30am - 11:15am <b>Michelle</b>	25m <b>Gentle Aqua</b> 10:30am - 11:15am <b>Marisa</b>	25m <b>Shallow Aqua</b> 10:30am - 11:15am <b>Carolina</b>	25m <b>Shallow Aqua</b> 10:30am - 11:15am <b>Michelle</b>	
25m <b>On Core Aqua</b> 11:30am - 12:15pm <b>Teresa</b>					
		OP <b>Deep Aqua</b> 5:30PM - 6:15PM <b>Valerie</b>			DP <b>Deep Aqua</b> 4:45pm - 5:30pm <b>Valerie</b>
50m <b>* Swim Pace</b> 6:30pm - 8:00pm <b>Regan</b>		25m <b>On Core Aqua</b> 6:30PM - 7:15PM <b>Valerie</b>	50m <b>Swim Pace</b> 6:30pm - 8:00pm <b>Regan</b>		

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  
 OP 50m Outdoor Pool Aquatic Centre - Outdoor 50m Pool  
 for Class Changes & Cancellations: please go to [www.paceatsleeman.com.au](http://www.paceatsleeman.com.au)

### LAND CLASSES

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

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](mailto:pace@sleemansports.com.au) | Website: [www.paceatsleeman.com.au](http://www.paceatsleeman.com.au) | Facebook: search "Pace at Sleeman"