

**+**  
**great.  
safe.  
fitness.**

We've always made the health and safety of our community a priority. It's important to us that you feel safe in our company, so we're stepping it up even more.

Let's look after each other.


## COVID-19 Conditions of Entry


 Swipe on entry	 20 second soapy handwashing	 1.5m physical distancing if you don't live in the same household	 Stay home if you feel unwell	 Cover your cough
 Bring own water bottle	 Deep cleaning of service equipment	 People in group fitness classes	 No towel, no train	 Hand sanitising stations
 Hourly cleaning of bathrooms	 Shower at home where possible	 Limit workouts to 60 minutes	 Separate entry and exit	 Ticketing for classes


## CLASS DESCRIPTIONS


Check website for upcoming feature classes.  denotes a class unique to Mingara One Fitness


### STUDIO 1


 **One Actives**  
Aerobics fun style. A mixture of cardio and strength work and a few grapevines. Ideal for the over 50's.


 **One Barbell**  
Full body strength class great for all levels. Tone, shape and strengthen your body with free weights.


 **One Dance**  
It's fitness with a bootie shake. The lights are off - get your groove on. Channel your inner back up dancer.


 **One Dance - Tone**  
Dance with a twist. Focused on toning and shaping your bootie, arms and core - lifting weights to the beat!


 **One FitBox**  
Channel your energy. Get your punch on. A high-energy whole-body boxing class. #eyeofthetiger Bring your boxing gloves.

 **One Fusion**  
Bringing you the best bits of Fitbox and Barbell. Box on and lift your cares away in this strength and conditioning class. Bring your boxing gloves.

 **One Step**  
Tone your bootie and thighs. A full-body cardio workout using a step. Some coordination required.


**Body Attack**   
A high energy interval training class guaranteed to burn calories. Expect running, jumping, lunging, push ups and squats.

**Body Pump**   
Tone up as you lift to the music. A light weights, high repetition full body workout.

**Body Step**   
Tone your bootie and thighs. A full-body cardio workout using a step. Some coordination required.


### CXWORX


Exercise muscles around your core with crunches, hovers, resistance bands and weight plate exercises. You'll sweat more than you think. A surprise favourite

**GRIT**   
It's all about the intervals. Prepare to work with barbells, weight plates and bodyweight exercises. It's high intensity. You'll get results quick. Your class for the day!


**MUMS & BUBS - Core**  
Perfect for any new mum. Rebuild core strength, posture, balance and stretch. Bubs 3 to 12 months welcome. Bring your pram!


### STUDIO 2

 **One 30**  
A fast one. Achieve results faster with this 30 minute HIIT cycle workout. Beats, intervals, results.

 **One Cycle**  
Our signature full-body cycle class. It's rock star music, bikes and weights.


**Group Ride**  
We ride together. 50 minutes of hill climbs, sprints and intervals.


**RPM**   
The classic cycling experience. Choose your level, ride to the music, burn calories and get fit fast.


**Sprint**   
A 30 minute HIIT training on a bike, short and intense workout to push your physical and mental limits. Expect intervals, power climbs and sprints! Time to take your fitness to the next level. The music mix will keep you in Sprint mode!


### STUDIO 3


**Please bring your mat to all Studio 3 classes.**


 **One Barre**  
Work to the beat with this dynamic mix of pilates, ballet and fitness. No dance experience required.


 **One Barre - Gentle**  
It's One Barre at your pace. Great for beginners.


 **One Yoga**  
"Feel Alive." Breathe, stretch, relax and strengthen your mind and body. Beginner to the yoga warrior.


 **One Yoga - Gentle**  
The best of One Yoga at your level. Suitable for everyone.


 **One Yoga - Hot**  
The hot one. Yoga at 32°. Bring your towel!

 **One Yoga - YIN**  
Yin Yoga takes us deep into the muscles it's the practice for all yogi's. All you need to do is relax in the pose and feel your body unwind. The perfect Yin to your daily Yang!


 **Rest & Restore**  
Meditate and rejuvenate. Make yourself comfortable, listen and relax for 30 minutes. Bring your mat.


 **One Pilates**  
Strengthens the core, improves posture and flexibility. Your glutes will thank you. A low impact class.


 **One Pilates - Gentle**  
The best of One Pilates at your level. Suitable for beginners.


**Body Balance**   
A mix of Yoga, Tai Chi and Pilates. A workout that builds flexibility and strength and leaves you feeling centred and calm.


### STUDIO 4

 **Grom Fit**  
The fun one. One for the 8-12 year old groms. It's all about fun, moving, confidence and energy.


 **Mums & Bubs**  
Take your first post-baby steps back into fitness. Build strength, fitness and confidence. Bubs 3 to 12 months welcome. Bring your pram!


 **PINK**  
Girls just wanna have fun! Full of good vibes, this functional, girls only class, offers all you need to feel lean and get fit!


 **One WOD**  
New day, new workout. Build strength and fitness with a great functional workout of the day!


 **Young @ Heart**  
Things go grey when you forget how to play! Reverse the ageing process with this full-body, functional workout. Catered to all fitness levels and abilities. Popular with the over 50's.

### STUDIO 5 - H2O

 **One Aqua**  
Make a splash! A low impact, full body water workout. Good vibes and hi-fives! Get your heart racing.

 **One Aqua - Gentle**  
The best of One Aqua at your level. Suitable for everyone.

 **Hydro Rider**  
It's a spin class in the water. Suitable for all fitness levels. It could just be your favourite class! Bring aqua booties or shoes.

 **One Actives - Aqua**  
"Mamma Mia! Here we go again!" Aqua aerobics with your friends. It's a party in the pool! Enjoy this great low impact aqua workout and don't forget to stay for the coffee. Ideal for the over 50's.

## TRADING HOURS

**MONDAY TO FRIDAY 4.30am - 9.30pm, SATURDAY & SUNDAY 6am - 6pm**  
Public Holiday trading hours 6am - 6pm. Closed Christmas Day and Good Friday.

Timetable effective 02 November, 2020

find that **ONE** thing at

MINGARA  
**onefitness**

[mingaraone.com.au](http://mingaraone.com.au)

12-14 Mingara Drive, Tumbi Umbi NSW, 2261

 4349 7825

 [enquiries@mingaraone.com.au](mailto:enquiries@mingaraone.com.au)

 [instagram.com/mingaraone](https://www.instagram.com/mingaraone)

 [facebook.com/mingaraone](https://www.facebook.com/mingaraone)

MINGARA  
**onefitness**



**GROUP FITNESS TIMETABLE**

Timetable effective 02 November, 2020

	MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY					SATURDAY					SUNDAY									
	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5 H2O	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5 H2O	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5 H2O	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5 H2O	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5 H2O	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5 H2O	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5 H2O					
EARLY BIRD 4.30 - 8.30																																								
	GRIT 5.15	One 30 5.15				One Barbell 5.15					One Fusion 5.00					One Barbell 5.15					GRIT 5.15	Sprint 5.15																		
	One Barbell 6.00	Sprint 6.00	One Yoga Hot 6.00	One WOD 6.00	One Hydro Rider 6.00	One FitBox 6.00	Group Ride 6.00	One Yoga Hot 6.00	One WOD 6.00	One Aqua 6.00	Body Pump 6.00	One Cycle 6.00	One Yoga 6.00	One WOD 6.00	One Hydro Rider 6.00	One FitBox 6.00	Sprint 6.00	One Yoga Hot 6.00	One WOD 6.00	One Aqua 6.00	Body Pump 6.00	One Cycle 6.00	One Yoga Hot 6.00	One WOD 6.00	One Aqua 6.00						One Yoga Hot 6.05									
			One Yoga Hot 7.00					One Yoga 7.00			One FitBox 7.00		One Yoga 7.00		One Hydro Rider 7.45			One Yoga 7.00					One Yoga 7.00			One Hydro Rider 7.45	Body Pump 7.00	RPM 7.00	One Yoga Hot 7.00	One WOD 7.00					One Yoga Hot 7.00					
MID MORNING 8.30 - 12.00	One Actives 8.30	Group Ride 8.30	One Barre Gentle 8.30	Young @ Heart 8.30	One Actives Aqua 8.15	One Actives 8.30	One 30 8.45	Body Balance 8.30		One Actives Aqua 8.15	One Actives 8.30	One Cycle 8.30	One Pilates 8.30				One Yoga Gentle 8.30	Young @ Heart 8.30	One Actives Aqua 8.15	One Actives 8.30		Sprint 8.45	One Barre Gentle 8.30			Body Attack 8.30		One Barre 8.30					GRIT 8.15		One Yoga Hot 8.00					
	Body Pump 9.30	RPM 9.30	One Yoga 9.30	One WOD 9.30		One Step 9.30	One Cycle 9.30	One Pilates 9.30	One Mums & Bubs 9.30		GRIT 9.30	Group Ride 9.30	Body Balance 9.30	Pink 9.30		One Dance Tone 9.30	RPM 9.30	One Yoga Hot 9.30	One Mums & Bubs 9.30		One Actives 8.30	Body Attack 9.30	Group Ride 9.30	One Pilates 9.30	One WOD 9.30			RPM 9.30	One Yoga 9.30	One WOD 9.30			One FitBox 9.00	Sprint 9.00	One Yoga 9.00					
	One Dance 10.30		Body Balance 10.30			Body Pump 10.30		One Yoga 10.30	Pink 10.30		One Mums & Bubs Core 10.45		One Barre 10.30			Body Pump 10.30		Body Balance 10.30				Body Pump 10.30		Body Balance 10.30					Body Balance 10.30					Body Pump 10.00			One WOD 10.00			
	One FitBox 12.00		Pilates Gentle 11.30	Young @ Heart 11.30				One Yoga Gentle 11.30						Young @ Heart 11.30				One Yoga Gentle 11.30						One Yoga Gentle 11.30	Young @ Heart 11.30															
MIDDAY 12.00 - 4.30					One Aqua Gentle 1.00																																			
EVENING 4.30 - 9.30	One FitBox 4.30	Sprint 4.45	One Pilates 4.30	One WOD 4.30		One Barbell 4.30	One Barre 4.30	GromFit 4.30			Body Pump 4.30		One Yoga 4.30	One WOD 4.30			One Barre 4.30	GromFit 4.30																						
	Body Pump 5.30	Group Ride 5.30	One Yoga 5.30	One WOD 5.45		Body Attack 5.30	One Cycle 5.30	One Pilates 5.30	One WOD 5.45		Body Step 5.30	One Cycle 5.30	Body Balance 5.30	One WOD 5.45		One Dance Tone 5.30	RPM 5.30	One Yoga 5.30	One WOD 5.45		One Actives Aqua 8.15	Body Pump 5.30		One Yoga Hot 5.30																
	Body Attack 6.30		One Barre 6.30		One Aqua 6.00	GRIT 6.30		One Yoga Hot 6.30		One Hydro Rider 6.00	Body Attack 6.30		One Pilates 6.30			Body Pump 6.30		One Yoga YIN 6.30																						
			One Yoga Hot 7.30			One Fitbox 7.15		One Yoga Hot 7.30	One WOD 7.00		One Dance 7.30		One Yoga Hot 7.30																											

**Class times**

45 min Classes

30 min Classes



Tickets required for all group fitness classes. Available at reception 30 minutes prior. (Temporary due to covid-19)