

## CLASS DESCRIPTIONS

 <b>LES MILLS BODYPUMP</b>		The simple, fun and motivating workout that gets people in shape fast. This is a non impact class and is a total body workout using barbells and weights. Participants are encouraged to arrive 5 minutes early to set up equipment.
 <b>LES MILLS BODYBALANCE</b>		Based on yoga, tai chi and Pilates, this class will strengthen muscles, improve flexibility and reduce stress. The perfect way to bring some calm into your day. No shoes required, bring your own mat.
 <b>LES MILLS BODYSTEP</b>		A high energy cardio workout using an adjustable step to control intensity. Designed to shape and tone your lower body as you burn calories. Simple moves suitable for men and women of all ages.
 <b>Aqua Aerobics</b>		A low impact cardio and resistance class held in shallow water in the 50m pool. Low, medium and high intensity options are provided. Suitable for non-swimmers.
 <b>Aqua DEEP WATER</b>		A deep water aqua aerobics class that incorporates water belts. Workouts are more intense due to the fact that your feet are off the bottom of the pool for the entire class.
 <b>SPIN</b>		Get fit fast with the 30 minute indoor cycling workout that will take you over hills, up mountains and then test your speed on the flats.
 <b>WALKING GROUP</b>		Enjoy the bushland surrounding the Peter Krenz Leisure Centre on a brisk guided walk.
 <b>YOGA FLOW</b>		Yoga flow is a fusion of breath and movement (Vinyasa). Just a pure light sequence of flowing postures to lengthen, strengthen and diffuse any tension in the body and mind. Suitable for all fitness types including beginners.
 <b>SENIORS YOGA 12.00PM</b>		Suitable for participants new to Yoga, mature aged, or those after a slower paced restorative class.
 <b>ACTIVE ADULTS 12.30PM</b>		A low to moderate exercise class that combines a strength and cardiovascular workout. Suitable for older adults or those who are new to exercise.
<b>CIRCUIT</b>		Run by qualified personal trainers, blast your way through a full body session of circuit training with a huge range of exercises on the Super Duty Modular Group Training rig.
 <b>PILATES</b>		Pilates focuses on the breath and flow, relieving daily stress and helping to soothe aches and pains, while building on foundation strength in your core, and increasing postural correction and muscular awareness.
 <b>ADRENALINE HIT</b>		An innovative functional fitness program designed to improve strength and conditioning in a focused, fun and social environment. This class focuses on high intensity functional movements in a small group setting. Constantly varied and tailored to the participant by a qualified functional movement coach, this session will prove that you have no limits.
<b>TEEN FITNESS</b>		Made for young people! These classes encourage those between 13 to 18 years old to try fitness in a group setting. TeenHIT focuses on a mix of cardio and resistance training at high intensity. TeenCoach is in the Health Club, with the instructor demonstrating a new exercise or machine each class, perfect for beginners. TeenBox gets the gloves and pads on, and works on boxing technique in a fast-paced class.
 <b>BOX</b>		Ramp up your cardio endurance and plyometric strength with boxing. Combining technique work, drills and bodyweight movements, this full body session will also improve coordination and stamina. We encourage you to bring your own boxing gear for your comfort.
 <b>SUSPENSION</b>		Get the benefits of using suspension trainers! Develop your core, strengthen major muscle areas and give your cardiovascular system a workout in this high intensity class that is only as hard as what your body can handle.

# GROUP FITNESS TIMETABLE

Timetable effective 30 September 2019



## GROUP FITNESS ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00am			PILATES			
6.30AM	CIRCUIT	SPIN		CIRCUIT		
7.30AM		CIRCUIT			CIRCUIT	
9.30AM	<b>LES MILLS BODYPUMP</b>	PILATES WALKING GROUP	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYSTEP</b> WALKING GROUP	<b>LES MILLS BODYPUMP</b>	CIRCUIT
10.35AM	<b>LES MILLS BODYBALANCE</b>			<b>LES MILLS BODYBALANCE</b>	YOGA FLOW	
MIDDAY	ACTIVE ADULTS 12.30PM			ACTIVE ADULTS 12.00PM	SENIORS YOGA 12.00PM	
5.30PM				SPIN		
6.00PM	<b>LES MILLS BODYSTEP</b>	<b>LES MILLS BODYBALANCE</b>	<b>LES MILLS BODYPUMP</b>			
7.30PM		CIRCUIT		CIRCUIT		

## THE H.I.T COURT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30AM						

## AQUATIC AREA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.15AM						
6.15PM			DEEP WATER			
6.30pm						

### ADDITIONAL INFORMATION

All patrons should feel welcome to every class, whether it's your first class or you are a regular. If you are new, please introduce yourself to the instructor. If you are a regular, please make all new participants feel welcome and part of the group.

**No reserving spots – if you are there first, the spot is yours.**

The Occasional Care is available for use on Monday to Friday (excluding some weeks in school holidays).

Session times are: 9:00am – 10:30am • 10:30am – 12:00pm

Classes and timetable are continuously under review and subject to change. For more information, see our friendly customer service team!