

GROUP FITNESS

Timetable

Effective from 19/08/18



GROUP PROGRAM STUDIO

STUDIO	MON	TUES	WED	THUR	FRI	SAT	SUN
8.45am						Circuit	
9.30am	Pilates	Barre Sculpt	Pilates	Barre Sculpt	SSS		Barre Sculpt
10.30am			Pilates			Barre Sculpt	
6.00pm			Barre Sculpt				
6.15pm	Barre Sculpt			Barre Sculpt			
7.30pm	Barre Sculpt	Pilates		Pilates			

CYCLE STUDIO

STUDIO	MON	TUES	WED	THUR	FRI	SAT	SUN
6.05am	RPM		Cycle		Cycle		
7.05am		30 Cycle HIIT					60 RPM Extreme
8.30am							
9.20am	Cycle		Cycle		RPM		
10.35am						Cycle	
7.00pm		Cycle		Cycle			

FUNCTIONAL TRAINING AREA

GYM	MON	TUES	WED	THUR	FRI	SAT	SUN
6.45am	30 Functional				30 TRX Extreme		
11.00am	LLLS		LLLS		LLLS		

OLYMPIC LEISURE

15 Alamein Rd, Heidelberg West 3081

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
9.30am		Pilates	Aqua		Pilates		
10.00am	Hatha Yoga	LLLS		LLLS			Zumba
10.15am						Circuit	
10.30am					Aqua		
11.30am	Aqua						
5.15pm		Hatha Yoga					
6.00pm				Hatha Yoga			

WELLNESS STUDIO

STUDIO	MON	TUES	WED	THUR	FRI	SAT	SUN
8.30am					Tai Chi (Beginner)		
9.30am		Vinyasa Yoga			Tai Chi (Int/Exp)		
10.40am			Purna Yoga				
4.00pm						Vinyasa Yoga	
6.30pm					Hatha Yoga		
7.30pm	Vinyasa Yoga						

CONDITIONS OF ENTRY

Please arrive at least 15mins prior to start time
 No entry after class start time
 Casual customers must be over 16 years old
 Ticket must be presented to instructor
 Please inform instructor of any injuries
 Please bring a sweat towel and drink bottle

MAIN STUDIO

STUDIO	MON	TUES	WED	THUR	FRI	SAT	SUN
6.05am		Boxfit		30 Body pump			
6.35am				30 CX Worx			
8.00am						30 CX Worx	
8.30am					Circuit Pilates		
9.00am							30 CX Worx
9.30am	Body Step	Body Pump	Tone	Body Pump	Body Attack	Body Step	Body Attack
10.40am	Body Balance	Tone		Body Balance	Body Pump	Body Pump	Hatha Yoga
11.50am	Tone	Boomers 60+		Boomers 60+			
4.00pm							Body Pump
5.30pm	30 Tone	Body Pump	Circuit		Body Pump		
5.45pm				45 Body Attack			
6.00pm	30 CX Worx						
6.30pm	Body Attack	Body Step	Body Pump	Boxfit			
7.30pm	Body Pump		Body Balance				

AQUA FITNESS

POOL	MON	TUES	WED	THUR	FRI	SAT	SUN
8.30am	Aqua	Aqua	Aqua	Aqua			
8.45am							Aqua
9.00am					Aqua		
9.30am		Aqua		Aqua			
1.30pm	Aqua						
2.30pm			Aqua				
4.00pm						Aqua	
7.00pm			Aqua				
7.30pm		Aqua					

CLASS DESCRIPTIONS

Classes encourage you to get fit in a fun and social way.
We take pride in providing you with exceptional instructors that create an inclusive & welcoming atmosphere for you.

MINDBODY

Pilates

Focussing on stabilising the core to promote correct posture and spinal alignment. Pilates is for everyone of all levels of fitness, and perfect for people who suffer back pain.

Tai Chi

A traditional Chinese mind-body relaxation class. Tai Chi comprises exercise sequences performed in slow, gentle movements. Tai Chi enables harmony of mind and body, improved mobility, suppleness and mental alertness.

Vinyasa Yoga

Challenge yourself to build strength, burn calories and increase flexibility. Students coordinate movement with breath to flow from one pose to the next.

Purna Yoga

Integrates the vast aspects of yoga and focuses on uniting mind, body and spirit. It offers more than just exercise because you are more than just a body.

Hatha Yoga

Focus on breathing, postures, relaxation and meditation. Hatha classes are designed to align and calm your body, mind, and spirit.

CYCLESTYLES

Cycle

A 45 minute indoor cycle journey, choreographed to music and suitable for all fitness levels. Determine whether you ride at your own pace or keep up with the Pelotoni.

Cycle HIIT

high-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time.

LES MILLS
RPM

You control the intensity. It's fun, low impact and burns loads of calories in a 45 minute session or push your limits for 60 minutes in RPM Extreme. With great music pumping and the group riding as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

WATERAEROBICS

Aqua

A fun, energetic class involving exercises in water to music. Zero impact and easy on joints, it's great for all levels of fitness and provides general body conditioning.

BOOMERS PROGRAMS (60+)

Seniors Strength & Stretch (SSS)

A light, full body workout that can be taken at your own pace using a variety of equipment including barre, bands and dumbbells. Gain confidence exercising and have fun connecting with others.

Boomers

Cardiovascular fitness and muscle toning, using equipment and body weight, with a focus on resistance exercises to improve bone density, strength and fitness.

Living Longer Living Stronger (LLLS)

Living Longer Living Stronger is a COTA supported, evidence based progressive strength training and exercise program designed specifically for the over 50's

GENERAL CLASSES

Barre Sculpt

A dynamic, low impact, high intensity workout to music combining ballet principles, pilates, short cardio intervals and posture correcting resistance and training. This class is suitable for all levels of fitness

BoxFit

A fiercely energetic program providing a total body workout. Harness boxing combinations and cardio routines in tandem with a partner using boxing gloves and focus pads. Cotton inner gloves are required and can be purchased from reception if patrons use gloves provided by the centre.

Zumba

Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. No experience is needed.

Circuit

Using dumbbells, barbells and bodyweight exercises, this class works on cardiovascular fitness and muscle toning, and is suitable for all fitness levels.

LES MILLS CLASSES

LES MILLS
BODYBALANCE

Ideal for anyone and everyone, Body Balance is the yoga-based class that will improve your mind & body. Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi + Pilates.

LES MILLS
BODYATTACK

A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

LES MILLS
BODYPUMP

Barbell exercises for anyone looking to get lean, toned and fit – fast. Using weights with lots of repetition, you get a total body workout. Instructors Pump out encouragement, motivation and great music.

LES MILLS
tone

Want the optimal mix of strength, cardio and core training? This is it. You'll tick off a complete workout. The challenging mix of lunges, squats, running and tubing exercises will help you burn calories and take your fitness to the next level.

LES MILLS
BODYSTEP

Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP – a full-body cardio workout to really tone your butt and thighs.

LES MILLS
CXWORX

Exercising muscles around the core, CxWorx provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do. It's challenging but achievable for all levels of fitness.

FUNCTIONAL TRAINING

30 Functional

A range of exercises which involve training the body for the activities performed in daily life. Strengthen all the major muscle groups. Combine press work, squats, body-weight, suspension training & more.

30 TRXtreme

A full body workout, using TRX suspension equipment. Work the entire body in every plane of motion with versatile, scalable options that anyone can use to perform exercises that improve movement on the field or in life.

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