

CASUAL GROUP FITNESS VISIT PRICES

Adult	\$14.00
Concession	\$11.90
Over 60's	\$7.00
Marked with ✦	
10 Visit Pass	\$126.00
10 Visit Pass - Concession	\$107.10
10 Visit Pass - Over 60's	\$70.00
Adult Gymnastics	\$21.80

Price includes 2 x 30 minute consecutive express classes on the same day.

CASUAL HEALTH CLUB VISIT PRICES

Adult	\$17.50
Concession	\$14.90
10 Visit Pass	\$157.50
10 Visit Pass - Concession	\$134.10

Concession prices are available upon presentation of valid pension card, health care card or student card. For further information regarding memberships please speak to our Customer Service team.

CENTRE TRADING HOURS

Monday to Friday	6am to 9pm
Saturday	6am to 6pm
Sunday	8am to 6pm
Public Holidays	8am to 4pm

BALC CAFÉ TRADING HOURS

Monday to Friday	7am to 6.45pm
Saturday	8am to 4.45pm
Sunday	9am to 4.45pm

BALC CHILDREN'S CENTRE TRADING HOURS

Monday to Friday - 8.45am to 12.00pm.



**Assisting in your health & wellness
journey - all ages, all stages.**

3 STUDIOS - 3 POOLS - 73 CLASSES

GROUP FITNESS TIMETABLE

Commences Wednesday 4th September



Prince of Wales Recreation Reserve, Gillies Street North, Ballarat Victoria

Phone (03) 5334 2499 Email balc@ballarat.vic.gov.au

Web www.ballarataquaticcentre.com

Facebook @BallaratAquaticandLifestyleCentre

Studio 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.10AM		LesMILLS BODYPUMP MEGAN	Xtreme I.T + Abs ROCHELLE	LesMILLS BODYPUMP ROCHELLE	KIBOX COMBO MICHELLE
9.25AM	KIBOX COMBO SARAH C	LesMILLS BODYPUMP ROCHELLE	CXT MEL	LesMILLS BODYPUMP SAMANTHA A	Xtreme I.T + Abs MEL
10.30AM	LesMILLS BODYPUMP SAMANTHA A	LesMILLS CXWORX LIZ	LesMILLS BODYPUMP CYNDI	LesMILLS CXWORX ANDREW	LesMILLS BODYPUMP EXPRESS MEGAN
11AM		Tai Chi ★CHRIS		Pilates ★ANDREW	metafit MEGAN
11.45AM	Low Impact Basics ★MARG				Low Impact Basics ★CHRIS
NOON				Tai Chi ★CHRIS	
5.30PM	Xtreme I.T + Abs MICHELLE	LesMILLS BODYPUMP CAROLYN	LesMILLS BODYSTEP CAROLYN	LesMILLS BODYCOMBAT MICHELLE	
6.30PM	LesMILLS BODYPUMP MICHELLE	LesMILLS BODYCOMBAT MICHELLE	LesMILLS CXWORX MEGAN	LesMILLS BODYPUMP MICHELLE	
7PM			KIBOX COMBO EXPRESS MEGAN		
7.30PM	LesMILLS BODYBALANCE ★CAROLYN		metafit MEGAN		
SATURDAY			SUNDAY		
9AM	LesMILLS BODYPUMP ROSTER				
10AM	KIBOX COMBO ROSTER		LesMILLS BODYSTEP LesMILLS BODYPUMP ROSTER		
11AM			LesMILLS BODYBALANCE Pilates Yoga ★ROSTER		
4.30PM				LesMILLS BODYPUMP ROSTER	

Group Fitness Guidelines

- All fitness levels are welcome.
- Please inform your instructor if you are new to exercise, pregnant or have any pre-existing injuries.
- Tickets for classes must be collected more than FIVE minutes prior to class starting times as places will cease to be allocated after this time.
- No entry is allowed into any class once the music has started or without a ticket.
- Spaces in classes cannot be reserved; each participant must have and present a ticket on request. Tickets are available from Customer Service or the Group Fitness Kiosk.
- Aqua classes must arrive TEN minutes prior to class starting times.
- Warm up and cool down are vital components of the class. If you must leave early, please inform the instructor.
- Minimum age of 13 year for all group fitness classes, except BodyPump which is a minimum age of 16 years.
- Please use shelving provided to store personal belongings.
- Appropriate clothing and footwear is required at all times.
- Please bring your own water bottle and towel.
- For the comfort of others, please ensure personal hygiene is maintained and equipment is wiped down when finished.
- Follow staff instructions at all times
- Classes are subject to change without notification.
- Do NOT drop weights/equipment.

Les Mills Smart Start

The first step to fitness isn't a leap. The key is to start slow, keep it fresh but most importantly, have fun and the results should follow!

SMARTSTART

1. Start slow: Don't push your body too soon, leave classes when things are feeling tough.
2. Build gradually: Aim towards staying for a full workout as your fitness builds
3. Mix it up: Include a mix of strength, cardio and flexibility training.

We're here to help! Ask your instructor if you have any concerns or queries.

Aqua Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.25AM	Water WORKOUT ★CLAIRE	Aqua ACTION SHIRLEY	<i>Gentle Warm Water</i> ★MARG	Aqua ACTION WIZ	Water WORKOUT ★CYNDI
10.30AM	<i>Gentle Warm Water</i> ★CLAIRE	Aqua MOVERS ★SHIRLEY	Water WORKOUT ★WIZ	Aqua MOVERS ★WIZ	<i>Gentle Warm Water</i> ★CYNDI
6.00PM					
6.30PM		Aqua RUN WIZ			

POOL KEY

25m Pool
50m Pool
Multipurpose Pool

CLASS DESCRIPTIONS

Aqua ACTION

A combination of cardio and resistance training with minimal choreography. Suiing all levels of fitness, you control the intensity making it as easy or as hard as you like. Duration: 45 mins. Coordination: Low.

Aqua MOVERS

★A gentle, low impact class in shallow water perfect for those with injuries or limitations. Suitable for all ages and fitness levels. Duration: 45 mins. Coordination: Low.

Water WORKOUT

★Increase your cardio fitness and strength with moderate to high intensity. Choreographed routines and a variety of circuits with equipment, line and wall work. A fun session for those seeking a challenge or to improve their fitness. Duration: 45 mins. Coordination: Low.

Gentle Warm Water

★Held in our warm water pool. Designed to increase and maintain mobility and flexibility. Ideal for older adults, those with chronic illness, recovering from injury or with a disability. Duration: 45 mins. Coordination: Low.

Aqua RUN

A vigorous, high intensity workout focusing on deep water running. Great for those wanting a fitness challenge, added variety to their fitness regime or requiring rehabilitation. . Duration: 45 mins. Coordination: Low.

CLASS DESCRIPTIONS

LES MILLS BODYCOMBAT

A martial arts inspired cardio class. Powerful combinations of boxing, kickboxing, muay thai, and other styles ensure you get great results from interval training. Duration: 55 mins. Coordination: Moderate.

LES MILLS CXWORX

A core training workout that hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. Duration: 30 mins. Coordination: Low.

LES MILLS BODYPUMP

A workout to challenge all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results you came for - and fast! Duration: 55 mins or BODYPUMP Express 30 mins. Coordination: Low

LES MILLS BODYSTEP

An energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. Duration: 55 mins or BODYSTEP Express 30 mins. Coordination: Moderate.

LES MILLS BODYBALANCE

★A Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Duration: 55 mins. Coordination: Low.

CXT

A freestyle class combining both high and low impact exercises. You'll be guided through aerobic and resistance training aimed to improve cardio and muscular strength and endurance. If you love variety this class is for you! CXT will challenge you and provide an excellent fitness base for cross training, endurance and flexibility. Duration: 55 mins. Coordination: Moderate.

metafit

Metafit is a style of HIIT and is designed to boost your fitness, rocket your energy levels & get massive results in the shortest amount of time possible. It gets results because it... Creates a Metabolic Disturbance. Increases your Resting Metabolic Rate. Increases Fat Burning. Duration 30min. Coordination: Low

Xtreme I.T + Abs

Lift your fitness to the next level with this full on intensive workout using high intensity interval training techniques. Finish off your workout with abs and obliques. Duration: 55 mins. Coordination: Moderate.

KIBOX COMBO

Get the stress out! This freestyle boxing class will keep you guessing and will give you a full body workout using various equipment that incorporates punching techniques, pad work, skipping, running and abdominal work. Duration: 55 mins. Coordination: Moderate.

Low Impact Basics

★Enjoy a fun class that is easy for beginners yet challenging for the tried and true exerciser. Low impact aerobics will boost your energy levels, burn calories, reduce stress and get you in shape. No experience necessary! Duration: 45 mins. Coordination: Low.

Pilates

★A class teaching a unique method of body control and conditioning. Stretches and strengthens the muscles whilst improving flexibility and balance. Duration: 55 mins. Coordination: Low.

Tai Chi

★Tai Chi is a Chinese exercise system that uses slow, smooth, gentle, body movements to achieve a state of relaxation of both body and mind. Great for all ages. Duration: 45 mins. Coordination: Low.

Yoga

★Uses the practice of yoga postures to develop strength, flexibility and correct postural alignment. Encourages relaxation for the mind and body. Duration: 55 mins. Coordination: Low.

★ INDICATES CLASSES AVAILABLE ON OVER 60'S DISCOUNT

Gymnastics Hall

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7PM	ADULT Gymnastics JENNY				

CLASS DESCRIPTION

ADULT Gymnastics

Increase your flexibility and core strength with a weekly gymnastics class! A great fitness alternative for adults, an intermediate coach adapts a personal program to help reach the goals of the individual. Suitable for ages 16 years and over. Duration: 2 hours. Coordination: Low.

Studio 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.10AM	CYCLE ROCHELLE	LesMILLS RPM EM	LesMILLS RPM ANDREA	LesMILLS RPM MEGAN	LesMILLS RPM ANDREA
9.25AM	LesMILLS RPM TRACEY	LesMILLS RPM ANDREA	LesMILLS RPM ANDREA	LesMILLS RPM LIZ	LesMILLS RPM SARAH C
5.30PM	LesMILLS RPM SARAH C	LesMILLS RPM WIZ			
6PM			LesMILLS RPM SARAH C		LesMILLS RPM LIZ
6.30PM				HOUR OF POWER WARREN	
SATURDAY			SUNDAY		
7AM		LesMILLS RPM EM			
9AM		LesMILLS RPM SARAH C		CYCLE CYNDI	

CLASS DESCRIPTIONS

LesMILLS RPM

An indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high. Duration: 45 mins. Coordination: Low.

CYCLE

A freestyle class which incorporates a range of music catering for all needs to work you hard and leave you feeling energised. You will ride through hills, flats, speed work and interval training. Discover the athlete within as you sweat and burn towards your fitness goals. Duration: 45 mins. Coordination: Low.

HOUR OF POWER

An advanced indoor cycling class training specifically with the Body bikes power meter at a level based on your individual fitness. A great class to compliment regular RPM training or to train for cycling outdoors. Duration: 60 mins. Coordination: Low.

✦ INDICATES CLASSES AVAILABLE ON OVER 60'S DISCOUNT

Studio 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.10AM		<i>Yoga</i> ✦MICHELLE			
10AM				<i>Gently Active</i> ✦CHRIS	
10.30AM	<i>Pilates</i> ✦SARAH		LesMILLS BODYBALANCE ✦MARG		
5.30PM				<i>Yoga</i> ✦MANGALA	
6PM			<i>Yoga</i> ✦MANGALA		
6.30PM		<i>Pilates</i> ✦MARG			
SATURDAY					
8AM		<i>Yoga</i> ✦MANGALA			

CLASS DESCRIPTIONS

Yoga

✦ Uses the practice of yoga postures to develop strength, flexibility and correct postural alignment. Encourages relaxation for the mind and body. Duration: 55 mins. Coordination: Low.

LesMILLS BODYBALANCE

✦ A Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Duration: 55 mins. Coordination: Low.

Pilates

✦ A class teaching a unique method of body control and conditioning. Stretches and strengthens the muscles whilst improving flexibility and balance. Duration: 55 mins. Coordination: Low.

Gently Active

✦ Gentle exercise for our ageing community. Focus on mobility, flexibility, balance and strength. Seated and standing options. Remain mobile for tasks of daily living. Strong focus on falls prevention.