

Group Fitness Timetable



BallaratAquatic
& LIFESTYLE CENTRE
CITY OF BALLARAT

Spring Timetable Monday 3 September - Sunday 16 December 2018. Subject to change.

STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM		LES MILLS BODYPUMP Zoe	FIT 45 Rochelle	LES MILLS BODYPUMP Samantha	KIBOX COMBO Michelle	9:00AM	LES MILLS BODYPUMP Roster	
8:50AM		FIT 30 Megan		KIBOX COMBO -EXPRESS- Megan		9:30AM		LES MILLS BODYSTEP FREESTYLE/STEP Carolyn/Georgie
9:25AM	KIBOX COMBO Sarah	LES MILLS BODYPUMP Rochelle	FIT 45 Mel	LES MILLS BODYPUMP Cyndi	FIT 45 Mel	10:00AM	★ Pilates Georgie	
10:30AM	LES MILLS BODYPUMP Teymara	LES MILLS CXWORX Megan	LES MILLS BODYPUMP Claire	LES MILLS CXWORX Andrew	LES MILLS BODYPUMP Megan	10:30AM		★ LES MILLS BODYBALANCE Pilates YOGA Roster
11:00AM		★ TAI CHI Chris		★ Pilates Andrew		4:30PM		LES MILLS BODYPUMP Cyndi/Samantha
11:45AM	★ LOW IMPACT BASICS Marg				★ LOW IMPACT BASICS Chris			
NOON				★ TAI CHI Chris				
4:15PM		★ LOW IMPACT BASICS Kyle						
5:30PM	FIT 45 Michelle	LES MILLS BODYPUMP Carolyn	LES MILLS BODYSTEP Carolyn	LES MILLS BODYCOMBAT Michelle	LES MILLS CXWORX Liz			
6:30PM	LES MILLS BODYPUMP Michelle	LES MILLS BODYCOMBAT Michelle	LES MILLS CXWORX Liz	LES MILLS BODYPUMP Michelle				
7:00PM			KIBOX COMBO Liz					

AQUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
9:25AM	★ Water WORKOUT Claire	Aqua ACTION Georgie	★ Gentle WARM WATER Georgie	Aqua ACTION Helen	★ Water WORKOUT Bec			
10:30AM	★ Gentle WARM WATER Claire	★ Aqua MOVERS Georgie	★ Water WORKOUT Georgie	★ Aqua MOVERS Helen	★ Gentle WARM WATER Bec			
6:30PM		Aqua RUN Georgie						

STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM	STAGES FLIGHT™ Rochelle	LES MILLS RPM Em	LES MILLS RPM Andrea	LES MILLS RPM Megan	STAGES FLIGHT™ Rochelle	7:00AM	STAGES FLIGHT™ 60 Warren	
9:25AM	LES MILLS RPM Tracey	LES MILLS RPM Andrea	STAGES FLIGHT™ Drew	LES MILLS RPM Liz	STAGES FLIGHT™ Sarah	9:00AM	LES MILLS RPM Sarah	STAGES FLIGHT™ Cyndi
12:30PM	VIRTUAL FLIGHT	★ CYCLE BASICS Chris	VIRTUAL FLIGHT	VIRTUAL FLIGHT	VIRTUAL FLIGHT	12:00PM	VIRTUAL FLIGHT	VIRTUAL FLIGHT
5:30PM	LES MILLS RPM Sarah	STAGES FLIGHT™ Roster	STAGES FLIGHT™ Sarah			3:00PM	VIRTUAL FLIGHT	VIRTUAL FLIGHT
6:00PM				STAGES FLIGHT™ 60 Warren	LES MILLS RPM Liz			
7:30PM	VIRTUAL FLIGHT	VIRTUAL FLIGHT	VIRTUAL FLIGHT	VIRTUAL FLIGHT	VIRTUAL FLIGHT			

STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:10AM		★ YOGA Michelle				8:00AM	★ YOGA Mangala	
10:00AM				★ Gently Active Chris				
10:30AM	★ Pilates Georgie		★ LES MILLS BODYBALANCE Marg		★ Pilates Sarah			
5:30PM				★ YOGA + MEDITATION Mangala				
6:00PM			★ YOGA Michelle					
6:30PM		★ Pilates Marg						
7:30PM	★ LES MILLS BODYBALANCE Carolyn							

GYMNASTICS HALL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
6:00PM				ADULT Gymnastics Roster				
7:00PM	ADULT Gymnastics Roster							

★ Indicates classes available on Over 60's discount.

Class Descriptions

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 minutes. Coordination: Moderate.

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.

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.

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. Coordination: Moderate.

FREESTYLE STEP A Freestyle Step aerobics workout that will leave you feeling energised and motivated. Freestyle Step is fantastic for toning the lower body and increasing your aerobic fitness & coordination. Using a height adjustable step, you will move through simple freestyle movements on and around your step. Sing along to your favourite high energy songs, burn fat, shape and tone your entire body. Duration: 55 mins. Coordination: Moderate.

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.

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 or KIBOX COMBO Express 30 mins. Coordination: Moderate.

FIT 45 If you love variety and a challenge, this is the class for you. This Freestyle, Functional Interval Training class will lift your fitness to the next level. You will be guided through aerobic and resistance training aimed to improve both your cardio and muscular strength and endurance. Duration: 45 mins or **FIT 30** 30 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. This class will stretch and strengthen the muscles whilst improving flexibility, stability 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: 60 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.

YOGA + MEDITATION: Uses the practice of yoga postures to develop strength, flexibility and correct postural alignment. Encourages relaxation for the mind and body. You will use a variety of breathing and concentration techniques to create a still and quiet mind. Blankets and pillows welcomed. 30 min Meditation is OPTIONAL. Duration 60/90 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. Duration: 45 mins. Coordination: Low.

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.

STAGES FLIGHT This class will challenge your legs, heart and mind. Ride through a mixture of flat roads, steep inclines and short intense intervals. Ride with heavy resistances and steep gradients to build strength and stamina + ride fast sprints and long flat stretches of road to focus on speed and durability. An overall workout that uses our STAGES power meters and new, state of the art flight software. Duration: 45 mins. Coordination: Low.

STAGES FLIGHT 60 Duration: 45-60 mins. Extra 15 minutes is OPTIONAL.

VIRTUAL FLIGHT Duration: 30-45 mins. Please note this class runs without an instructor. Please read the Virtual Flight Guide located in Studio 2 and available on our website before commencing a virtual class.

CYCLE BASICS Indoor cycling will build your cardio pulmonary capacity, stamina and hip and leg strength. Cycling is a low impact form of exercise that places less stress on your joints and can also help to lower blood pressure. Reduce stress, burn calories and increase your energy levels whilst having fun spinning along to your favourite songs. This class is for all fitness levels. Duration: 45 mins. Coordination: Low.

AQUA ACTION A combination of cardio and resistance training with minimal choreography. Suiting 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.

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. Cost: \$21.80 per casual class, concession available.

Casual Group Fitness Visit Prices	
Adult	\$14.00
Concession	\$11.90
Over 60's	\$7.00
10 Visit Pass	\$126.00
10 Visit Pass - Concession	\$107.10
10 Visit Pass - Over 60's	\$70.00
Adult Gymnastics	\$21.80

Opening Hours
Mon-Fri: 6am-9pm
Sat: 6am-6pm
Sun: 8am-6pm

Children's Centre Hours
Mon-Fri: 8:45am - 12pm
90 Minutes \$7.50
2 Hours \$10.00
3 Hours \$15.00