

Group Fitness Class descriptions

BODYCOMBAT A martial arts inspired cardio class. Powerful combinations of boxing, kickboxing, muay thai, and other styles and conditioning, focusing on mind to muscle connection, ensure you get great results from interval training. Duration: 45 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: 45mins. 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: 45 mins. Coordination: Moderate.

BODYBALANCE A Yoga, Tai Chi, and 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: 45 mins. Coordination: Low.

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. 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 activation and control. This class will stretch and strengthen the muscles, improve flexibility, core stability, balance and activate the pelvic floor and deep abdominal muscles. 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: 45 mins. Coordination: Low.

BARRE: Barre is a fun, energetic workout designed to shape and tone postural muscles, build core strength and flexibility. This class combines ballet inspired movements with elements of pilates, dance, yoga and strength training. Repetitions of small controlled movements along with isometric holds on bars will get the muscles firing and lift your general wellbeing. Duration: 45 mins. Coordination: Low.

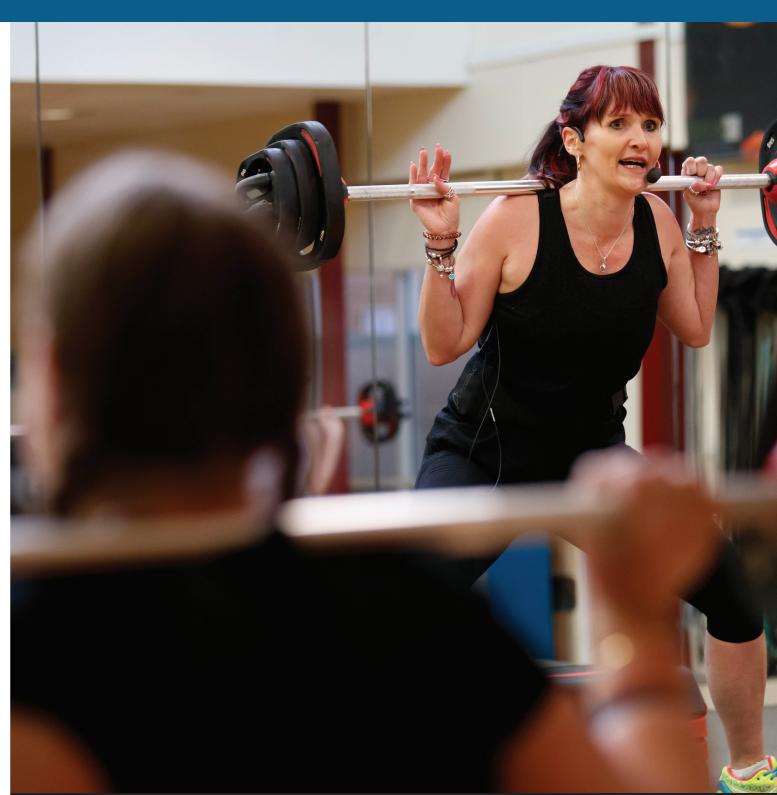
GENTLY ACTIVE Gentle exercise for our ageing community. Focus on mobility, flexibility, balance and strength. Seated and standing options. Remain mobile for tasks of daily living. Strong focus on falls prevention. Duration: 45 mins. Coordination: Low.

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, stamina, and 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 state of the art flight software. 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.

Ballarat Aquatic and Lifestyle Centre **Group Fitness timetable**

Effective from Monday 29 June 2020



For Group Fitness bookings, please visit our website

Ballarat Aquatic and Lifestyle Centre

Prince of Wales Recreation Reserve Gillies Street North, Ballarat VIC

(03) 5334 2499 balc@ballarat.vic.gov.au www.ballarataquaticcentre.com

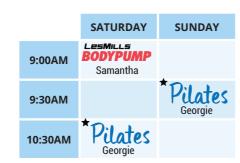


Group Fitness Timetable

Effective from Monday 29 June 2020. Timetable is subject to change.

STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15AM	Megan	BODYPUMP Samantha	Rochelle	BODYPUMP Toni-Lee	Michelle
9:00AM	Sarah			BODYPUMP Cyndi	
9:15AM		BODYPUMP Cyndi			Gabrielle
9:30AM			Mel		
10:15AM	BODYPUMP Teymara			CXWORX Cherie	
10:30AM		*Pilates Megan			BODYPUMP Teymara
10:45AM			*Pilates Megan		
11:15AM				*Pilates Helen	
11:30AM	LOW IMPACT BASICS Helen				
11:45AM		LOW IMPACT BASICS Helen			LOW IMPACT BASICS Helen
4:30PM					
5:00PM	Michelle			BODYCOMBAT Michelle	
5:15PM		BODYSTEP Kay			
5:30PM			BODYPUMP Michelle		*Pilates Georgie
6:15PM	BODYPUMP Zoe			BODYPUMP Samantha	
6:30PM		*Pilates Georgie			
6:45PM			CXWORX Samantha		



★ Indicates low impact classes; suitable for over 60's.

In line with Victorian Government restrictions, class sizes are limited and bookings are essential. Please book via our website www.ballarataquaticcentre.com/health/groupfitness

STUDIO 2

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 <i>I</i>	AM	STAGES FLIGHT Rochelle			LESMILLS RPM Cyndi	STAGES FLIGHT Rochelle
9:00	AM			RPM Sarah		
9:15 <i>A</i>	AM	RPM Tracey				
9:30	AM		RPM Gabrielle		FLIGHT Megan	RPM Cyndi
5:00F	PM			FLIGHT Zoe		
5:15F	PM	RPM Sarah			RPM Zoe	
5:30F	PM		STAGES FLIGHT Sarah			



STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15AM			* Pilates Megan		
9:00AM		barre			* Pilates Sarah
9:15AM			barre Cara	barre Rochelle	
9:30AM	* Pilates Georgie				
10:15AM		★ LESMILLS BODYBALANCE Cara			barre
10:30AM				★ Gently Active Sam T	
5:15PM			barre Sarah		
5:30PM	* Pilates Georgie			* YOGA Mangala	
6:15PM		★ Lesmills BODYBALANCE Kay		Ĭ.	
6:30PM			* YOGA Michelle		

