

# Group Fitness

## Class descriptions

# Ballarat Aquatic and Lifestyle Centre

## Group Fitness timetable

Effective from Monday 29 June 2020

**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: 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 and conditioning, focusing on mind to muscle connection, 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.



**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

[www.ballarataquaticcentre.com](http://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	<b>FIT 45</b> Megan	<b>LES MILLS BODYPUMP</b> Samantha	<b>FIT 45</b> Rochelle	<b>LES MILLS BODYPUMP</b> Toni-Lee	<b>FIT 45</b> Michelle
9:00AM	<b>FIT 45</b> Sarah			<b>LES MILLS BODYPUMP</b> Cyndi	
9:15AM		<b>LES MILLS BODYPUMP</b> Cyndi			<b>FIT 45</b> Gabrielle
9:30AM			<b>FIT 45</b> Mel		
10:15AM	<b>LES MILLS BODYPUMP</b> Teymara			<b>LES MILLS CXWORX</b> Cherie	
10:30AM		★ <b>Pilates</b> Megan			<b>LES MILLS BODYPUMP</b> Teymara
10:45AM			★ <b>Pilates</b> Megan		
11:15AM				★ <b>Pilates</b> Helen	
11:30AM	★ <b>LOW IMPACT BASICS</b> Helen				
11:45AM		★ <b>LOW IMPACT BASICS</b> Helen			★ <b>LOW IMPACT BASICS</b> Helen
4:30PM					
5:00PM	<b>FIT 45</b> Michelle			<b>LES MILLS BODYCOMBAT</b> Michelle	
5:15PM		<b>LES MILLS BODYSTEP</b> Kay			
5:30PM			<b>LES MILLS BODYPUMP</b> Michelle		★ <b>Pilates</b> Georgie
6:15PM	<b>LES MILLS BODYPUMP</b> Zoe			<b>LES MILLS BODYPUMP</b> Samantha	
6:30PM		★ <b>Pilates</b> Georgie			
6:45PM			<b>LES MILLS CXWORX</b> Samantha		

	SATURDAY	SUNDAY
9:00AM	<b>LES MILLS BODYPUMP</b> Samantha	
9:30AM		★ <b>Pilates</b> Georgie
10:30AM	★ <b>Pilates</b> Georgie	

## STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15AM	<b>STAGES FLIGHT</b> Rochelle	<b>STAGES FLIGHT</b> Wiz		<b>LES MILLS RPM</b> Cyndi	<b>STAGES FLIGHT</b> Rochelle
9:00AM			<b>LES MILLS RPM</b> Sarah		
9:15AM	<b>LES MILLS RPM</b> Tracey				
9:30AM		<b>LES MILLS RPM</b> Gabrielle		<b>STAGES FLIGHT</b> Megan	<b>LES MILLS RPM</b> Cyndi
5:00PM			<b>STAGES FLIGHT</b> Zoe		
5:15PM	<b>LES MILLS RPM</b> Sarah			<b>LES MILLS RPM</b> Zoe	
5:30PM		<b>STAGES FLIGHT</b> Sarah			

	SATURDAY	SUNDAY
9:00AM		<b>STAGES FLIGHT</b> Cyndi
9:15AM	<b>LES MILLS RPM</b> Sarah	

## STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15AM			★ <b>Pilates</b> Megan		
9:00AM		★ <b>barre</b> Cherie			★ <b>Pilates</b> Sarah
9:15AM			★ <b>barre</b> Cara	★ <b>barre</b> Rochelle	
9:30AM	★ <b>Pilates</b> Georgie				
10:15AM		★ <b>LES MILLS BODYBALANCE</b> Cara			★ <b>barre</b> Cherie
10:30AM				★ <b>Gently Active</b> Sam T	
5:15PM			★ <b>barre</b> Sarah		
5:30PM	★ <b>Pilates</b> Georgie			★ <b>YOGA</b> Mangala	
6:15PM		★ <b>LES MILLS BODYBALANCE</b> Kay			
6:30PM			★ <b>YOGA</b> Michelle		

	SATURDAY
8:00AM	★ <b>YOGA</b> Mangala
9:30AM	★ <b>barre</b> Georgie

★ 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](http://www.ballarataquaticcentre.com/health/groupfitness)