

Group Fitness

Class descriptions

Ballarat Aquatic and Lifestyle Centre

Group Fitness timetable

Effective from Monday 9 November 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.

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.

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. Small controlled movements and isometric holds will get 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.

RPM An indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach through hills, flats, mountains, 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 flat roads, steep inclines and short intense intervals. Ride with heavy resistances and steep gradients to build strength and stamina. Ride sprints and long flat stretches 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.

XTRAIN A fun yet challenging group training program for all ages and abilities. A full body workout using various methods to incorporate core work, cardio and functional strength using body weight exercises. Duration: 45 mins. Coordination: Moderate.



For Group Fitness bookings, please visit our website

Ballarat Aquatic and Lifestyle Centre

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www.ballarataquaticcentre.com

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Group Fitness timetable

Effective from Monday 9 November 2020. Timetable is subject to change.

STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM		LES MILLS BODYPUMP Samantha	FIT 45 Rochelle		FIT 45 Michelle
8:00AM			FIT 45 Mel	★ Pilates Georgie	
9:00AM	FIT 45 Sarah	LES MILLS BODYPUMP Cyndi			LES MILLS BODYPUMP Gabrielle
10:00AM	LES MILLS BODYPUMP Cyndi				FIT 45 Mel
11:00AM	★ LOW IMPACT BASICS Helen		★ LOW IMPACT BASICS Helen		★ LOW IMPACT BASICS Helen
5:00PM			LES MILLS BODYPUMP Samantha	LES MILLS BODYCOMBAT Michelle	
6:00PM	LES MILLS BODYPUMP Michelle	LES MILLS BODYPUMP Kay		LES MILLS BODYPUMP Michelle	★ Pilates Georgie
7:00PM		★ LES MILLS BODYBALANCE Kay			

	SATURDAY	SUNDAY
9:00AM	LES MILLS BODYPUMP Samantha	LES MILLS BODYPUMP Cyndi
11:00AM	★ Pilates Georgie	

STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM	STAGES FLIGHT Rochelle			LES MILLS RPM Cyndi	
8:00AM					LES MILLS RPM Sarah
9:00AM			LES MILLS RPM Sarah		
10:00AM		LES MILLS RPM Gabrielle		STAGES FLIGHT Megan	
5:00PM	LES MILLS RPM Sarah	STAGES FLIGHT Sarah			LES MILLS RPM Zoe
6:00PM			STAGES FLIGHT Zoe		

	SATURDAY	SUNDAY
8:00AM		STAGES FLIGHT Zoe
10:00AM	LES MILLS RPM Sarah	LES MILLS RPM Cyndi

STUDIO 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM	★ Pilates Georgie	★ barre Cherie				8:00AM ★ YOGA Mangala	
9:00AM				★ barre Cara			
10:00AM			★ Pilates Megan				
11:00AM		★ Pilates Megan		★ Pilates Megan			
7:00PM	★ barre Cherie		★ YOGA Michelle				

Outdoor classes (weather dependent)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM	XTRAIN Megan		XTRAIN Gabrielle		XTRAIN Sarah
5:30PM		★ YOGA Cara		★ Pilates Georgie	

Livestream classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00AM			★ Pilates Megan		
10:30AM	★ Gently Active Sam				
11:00AM				★ Pilates Megan	

★ Wellbeing classes

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

Find our livestream classes via our website: www.ballarataquaticcentre.com/healthhub/livestream/

At least one hour's notice will be given if outdoor classes need to be cancelled. You will receive a text message and will be credited for the session in your online portal.