

MORNING CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am*	WOD	LES MILLS GRIT Elise (30)	WOD	LES MILLS GRIT Alecia (30) - 5:45am	FREESTYLE CYCLE Gwen (30) Trial		
6:00am*	STEP Alecia (45)	LES MILLS Shapes Alecia (45)	LES MILLS BODYCOMBAT Alecia (45)	CORE Alecia (30) - 6:15am	FUNCTIONAL		
7:00am						BOOTCAMP Evan (30)	
8:00am*	LES MILLS Shapes Gwen (45) - 8:15am					LES MILLS RPM Mel (45)	STEP Clara (45)
8:30am					LES MILLS BODYATTACK Clara (30) Trial		
9:00am	STEP Alecia (30) LES MILLS RPM Mel (45)	FUNCTIONAL LES MILLS CORE Alecia (30)	BOXFIT Chris (30)	H.I.I.T Chris (30)	LES MILLS CORE Chris (30)	LES MILLS BODYPUMP Mel (55)	YOGA Jeremy (60)
9:30am		LES MILLS BODYCOMBAT Alecia (45)	LES MILLS BODYPUMP Chris (55)	BODYSCULPT Chris (60)	LES MILLS SH'BAM Rose (45)		
		YOGALATES Leanne (60) Spin Studio	YOGA Christina (60) Spin Studio		FREESTYLE CYCLE Clara (45)		
9:45am	LES MILLS BODYPUMP Mel (55)						
11:00am	Active GOLD KCF Roger (45)		Active GOLD KCF Chris (45)		Active GOLD KCF Fariba (45)		
3:30pm		SUPERVISED TEEN GYM		SUPERVISED TEEN GYM			
5:00pm	TEEN ACTIVE		TEEN ACTIVE		TEEN ACTIVE		
5:30pm	LES MILLS GRIT Karola (30)	LES MILLS BODYATTACK Ammany (30)	CORE Jako (30)	LES MILLS BODYCOMBAT May (45)			
6:00pm	BODYSCULPT Chris (60)	BOXFIT Evan (45)	LES MILLS RPM Jako (45) ZUMBA Tim (60)				
6:30pm		YOGA AND MEDITATION Jeremy (90) Spin Studio		LES MILLS BODYPUMP Fariba (55) LES MILLS Shapes Karola (45) Spin Studio			
6:45pm		LES MILLS BODYPUMP Ammany (45)					
7:00pm	ZUMBA Trish (60)						

Please refer to our website for the most updated timetable | \*Class times varies by 15 minutes on some programs.

# CLASS DESCRIPTIONS

**Les Mills Shapes:** This is an invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

**Les Mills Bodypump:** The original barbell class - ideal for anyone wanting to get lean, toned & fit. Using light to moderate weights with high repetitions focusing on all major muscle groups, burn up to 540 calories.

**Les Mills Bodycombat:** This fiercely energetic cardio workout will leave you feeling totally unleashed. Inspired by kickboxing, muaythai, taekwondo and Karate - burn up to 700 cal.

**Les Mills GRIT:** A 30-minute HIIT workout designed to improve strength and build lean muscle.

**Les Mills CORE:** A 30-minute class designed to increase your strength, improve posture and develop deep core stability, designed to complement all athletic disciplines.

**Les Mills Sh'Bam:** A fun-loving, insanely addictive dance workout. No dance experience required.

**Les Mills RPM:** A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session.

**Bodysculpt:** An aerobic workout utilising weights and steps - fantastic low impact strength building workout. Engage your major muscle groups tone with a focus on core, glutes and thigh.

**Zumba:** Ditch the workout and join the party. Zumba allows you to completely lose yourself in the beat, leaving you fit and fabulous through Latin and International dance rhythms.

**STEP:** A classic upbeat cardio workout utilising steps to boost your heart rate. Vary the intensity of your workout by adjusting the height of your step.

**Boxfit:** A cardio-based boxing workout that includes boxing drills and bodyweight exercises that incorporate footwork and abdominal movement.

**Yoga:** Our yoga professionals will guide you through 3 main elements - exercise, breathing and meditation to help you connect with body, mind and spirit.

**Meditation:** In this class, we focus the mind on the breath, an object or a thought, to help us connect with the present moment, act more compassionately towards ourselves and others, and ultimately, achieve mental and emotional clarity and calm.

**WOD:** Workout of the day! Created by our instructors to ensure you get the best out of your session when you attend this 30min class. Great for after a heavy strength session.

**Functional:** A functional workout is focused on building a body capable of doing real-life activities in real-life positions. Movements such as squatting, reaching, pulling, and lifting will be made easier with functional fitness integrated into your exercise routine



**EXERCISE  
PHYSIOLOGY**

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*\*Class times may sometimes vary. Please refer to our website for the most updated timetable*