

Class Descriptions

Les Mills Bodypump: The original barbell class - ideal for anyone wanting to get lean, toned and fit. Using light to moderate weights with high repetition focusing on all major muscle groups, you will burn up to 540 calories gaining the results you want, fast. **Fitness Level:** Low to High I **Co-ordination:** Low I **Duration:** 55, 45 or 30 minutes

Les Mills Bodycombat: This fiercely energetic cardio workout will leave you feeling totally unleashed. Inspired by Boxing, Kick Boxing, Muay Thai, Tai Kwon Do and Karate, you will burn upwards of 700 calories as you punch and kick your way to full body fitness. **Fitness Level:** Low to High I **Co-ordination:** Medium I **Duration:** 55, 45 or 30 minutes

Les Mills Bodybalance: Breathe and relax into wellness with a mix of yoga, pilates and tai chi inspired movements. Bodybalance will allow you to lengthen and strengthen the entire body while moving to beautiful, relaxing music. Each class finishes with relaxation/meditation to leave you blissful and centred. **Fitness Level:** Low I **Co-ordination:** Low I **Duration:** 45 or 55 minutes

BodySculpt: This aerobic workout utilises weights, benches and tubes and is fantastic for building strength with zero impact on the joints. Each class is varied and engages main muscle groups to tighten and tone the entire body with a focus on the core, glutes and thighs. **Fitness Level:** Low to Medium I **Co-ordination:** Low to High I **Duration:** 55 minutes

BOOTCAMP: Functional training at its finest. Utilising weights, suspension training, sleds and kettlebells these classes are constantly varied with a focus on intensity. Bootcamp can be circuit based, time based, partner based or rep based depending on the focus and programming of our coaches. **Fitness Level:** Medium to High I **Co-ordination:** Low to Medium I **Duration:** 30 minutes

ZUMBA: Ditch the workout and join the party! Zumba incorporates Latin and International dance rhythms to allow you to completely lose yourself in the beat. Zumba will leave you fit and fabulous as our instructors guide you through easy, effective exhilarating dance movements. **Fitness Level:** Low to High I **Co-ordination:** Low to High I **Duration:** 60 minutes

H.I.I.T (High Intensity Interval Training): Constantly varied strength or cardio based workouts done at a high intensity. Each session is tailored by our Personal Trainers to ensure safety and effectiveness. HIIT classes are renowned for getting results. Watch as you become faster, leaner, stronger and fitter. **Fitness Level:** Low to High I **Co-ordination:** Low to Medium I **Duration:** 30 minutes

Teen Active: Our fitness coaches adapt cardiovascular, strength and flexibility programs in a fun, effective and safe environment. This program ensures your child will have sound knowledge and guidance using equipment, participating in group fitness and utilising technique every time. *This program is not included in a fitness passport membership **Fitness Level:** Low to High I **Co-ordination:** Low to High I **Duration:** 30 minutes

YOGA: "Yoga" in the Western world often denotes exercise, with poses called asanas. Our yoga professionals will guide you through 3 main elements – exercise, breathing and meditation to help you connect with body, mind and spirit. **Fitness Level:** Low I **Co-ordination:** Low I **Duration:** 55 minutes

Les Mills GRIT: LES MILLS GRIT™ SERIES is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Available as GRIT™ STRENGTH, GRIT™ CARDIO or GRIT™ ATHLETIC this workout uses barbell, weight plate and body weight exercises to blast all major muscle groups **Fitness Level:** High I **Co-ordination:** Medium to high I **Duration:** 30 minutes

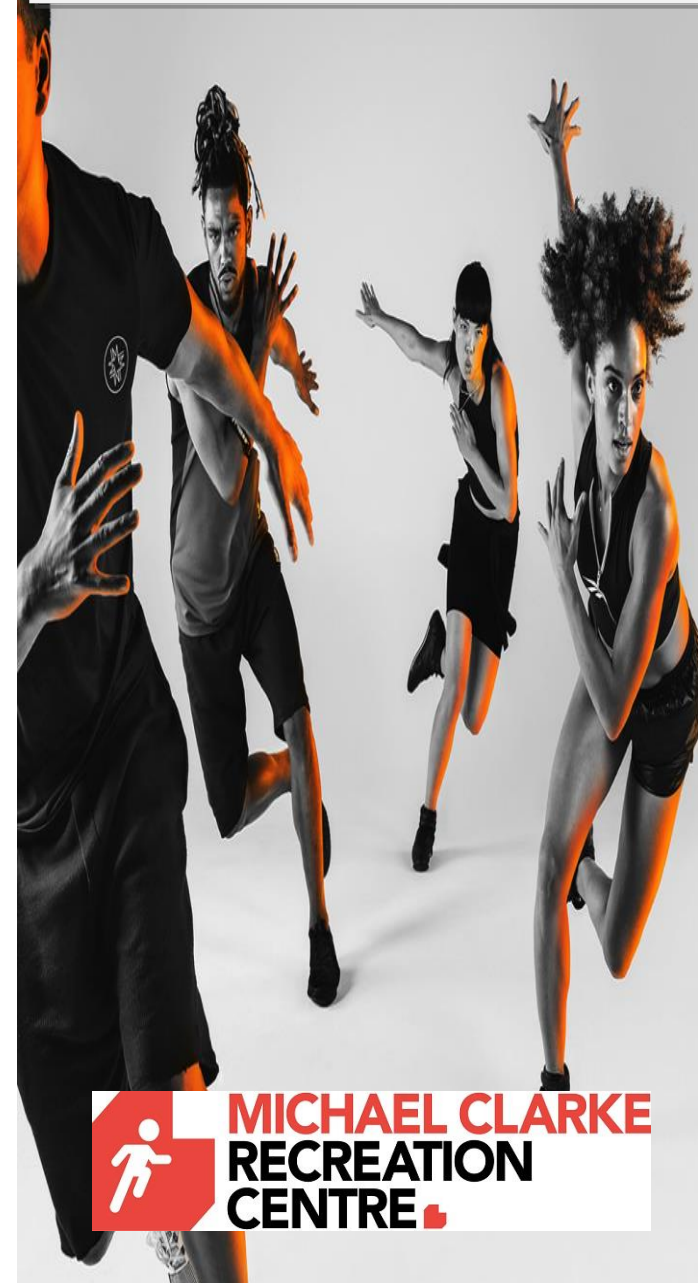

















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Monday - Friday 5:00am - 10:00pm
Saturday and Sunday 7:00am - 6:30pm
Public Holidays 7:00am - 6:30pm**

**2021
GROUP FITNESS TIMETABLE
02 8760 4800**

www.michaelclarkecentre.com.au



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---|---|---|---|---|---|
| 6am | LES MILLS BODYPUMP Alecia (45) | LES MILLS GRIT Alecia (30) | LES MILLS BODYCOMBAT Karola (45) | LES MILLS GRIT + CORE Alecia (55) | BOOT CAMP Mano (30) |  BOXING Frank 7am |
| 8am | | | | | |  Mano (45) |
| 9am | BOOT CAMP Mano (30) | BOOT CAMP Bree (30) |  Chris (30) |  BOXING Chris (30) | BOOT CAMP Bree (30) | LES MILLS BODYPUMP Mel (60) |
| 9:30am | LES MILLS BODYPUMP Mel (60) | LES MILLS BODYCOMBAT Alecia (45) | LES MILLS BODYPUMP Chris (60) | BODY SCULPT Chris (60) | LES MILLS BODYBALANCE Karola (45) | |
| 10:00am | |  YOGA Jo (60) STUDIO 2 | | | | |
| 10:30am | | | | LES MILLS BODYBALANCE Debra (45) STUDIO 2 | | |
| 5:30pm | LES MILLS GRIT Karola (30) | |  STEP Clara (60) | LES MILLS BODYCOMBAT May (45) |  STEP Jo/Clara (45) | |
| 5:45pm | |  Jared (45) | |  Jared (45) | | |
| 6pm | BODY SCULPT Chris (60) |  BOXING Chris (45) | | | | |
| 6:30pm | | LES MILLS BODYPUMP Chris (45) 6:45pm |  ZUMBA Trish (45) | LES MILLS BODYPUMP Fariba (60) | | |
| 7pm |  ZUMBA Trish (45) | |  ZUMBA Trish (45) 7:15pm | | | |
| 7:30pm |  ZUMBA Trish (45) 7:45pm | | |  YOGA Stephanie (60) | | |

*Closed Good Friday and Christmas Day

Please Ensure you book in for classes and bring a towel, water bottle and mat if required.

Please notify the instructor if you are pregnant or Injured so the instructor can modify aspects of the class to suit your needs.

TEEN ACTIVE runs Monday, Wednesday and Friday 5pm-6pm