




Starts from JUNE 12 th, 2023

**YARRA CENTRE**  
2435 Warburton Hwy,  
Yarra Junction Vic 3797  
Ph: (03) 5967-1675

# GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30AM		<b>CIRCUIT EXPRESS</b> Rhiannon		<b>CIRCUIT EXPRESS</b> Rhiannon		
8:15AM						<b>RETRO</b> Rhiannon
8: 45AM						<b>LES MILLS BODYPUMP</b> 30' Rhiannon
9:00AM			Heart Foundation Walking			
9:15AM		<b>LES MILLS tone</b> 30' Sandra	<b>CIRCUIT</b> Robyn	<b>STEP</b> Nicky	<b>LES MILLS tone</b> 45' Sandra	
9: 30AM						<b>PILATES</b> Les
9: 45AM		<b>LES MILLS BODYSTEP CLASSIC</b> 30' Sandra				
10:15AM	<b>LES MILLS BODYPUMP</b> 45' Alex	<b>TAI CHI</b> Cheryl	<b>STRETCH</b> Robyn	<b>ADULT BALLET</b> Robyn. P	<b>LES MILLS SH'BAM</b> 45' Sandra	
11:15AM	<b>PILATES</b> Alex			<b>LES MILLS CORE</b> 45' Sandra		
12.15pm				<b>GROOVING</b> Rhiannon		
1.00PM			<b>TAI CHI</b> Cheryl			
5.30PM		<b>LES MILLS SH'BAM</b> 45' Sandra		<b>LES MILLS BODYPUMP</b> 45' Rhiannon	<b>LES MILLS BODYSTEP CLASSIC</b> 30' Sandra	
6:00PM	<b>LES MILLS tone</b> 30' Sandra		<b>CIRCUIT</b> Robyn			
6:30PM	<b>LES MILLS CORE</b> 30' Sandra	<b>LES MILLS BODYPUMP</b> 45' Sandra		<b>BOXING</b> Les		
7:00PM	<b>PILATES</b> Rhiannon		<b>RollaFlex</b> Robyn			

AQUA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00AM	<b>GOLDIES</b>		<b>GOLDIES</b>		<b>GOLDIES</b>
9:00AM	<b>AQUA</b> Alex		<b>AQUA</b> David		<b>AQUA</b> Nicky
10.00AM				<b>AQUA</b> Nicky	
11:15AM		<b>GROOVING</b> Aqua David			
6:00PM		<b>AQUA DEEP</b> Robyn		<b>AQUA</b> Nicky	
6:30PM	<b>AQUA</b> Robyn				belgravialeisure connecting community to leisure

<b>BOXING</b>	This class is developed from boxing & circuit. Learn correct boxing technique whilst improving your fitness levels. Build your cardio level with this class. <b>(PARTICIPANTS MUST HAVE THEIR OWN GLOVE INNERS)</b>
<b>LES MILLS BODYPUMP</b>	This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts & curls. Great music & your choice of weight to inspire you to get the results you came for & fast.
<b>LES MILLS tone</b>	If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE class and you'll tick off a complete workout. The mix of functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also, a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels. <b>(OWN Yoga Mat required)</b>
<b>LES MILLS SH'BAM</b>	Featuring simple but seriously hot dance moves, SH'BAM is the perfect way to shape up and let out your inner star – even if dancing isn't your thing! SH'BAM is the ultimate fun and sociable way to exercise.
<b>LES MILLS CORE</b>	<b>CORE</b> is an intense core-training workout designed to tighten and tone your midsection in the shortest amount of time possible. The class utilises your body weight, free weights, and resistance tubing to challenge your balance, coordination and improve your functional strength <b>(OWN Yoga Mat required)</b>
<b>LES MILLS BODYSTEP CLASSIC</b>	<b>Bodystep</b> makes you feel liberated & alive. Simple movements on, over & around the step you get huge motivation from sing-a-long music & a pumped instructor. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tricks that shape & tone your body.
<b>TAI CHI</b>	Promotes balance and flexibility. Tai Chi can be used to help ease arthritis, improve circulation, reduce blood pressure and stress.
<b>PILATES</b>	If there is one exercise that has taken the world by storm in the last decade, it's Pilates. By focusing on core strength, Pilates trains your muscles to improve posture & alignment and assist in injury prevention and rehabilitation. Some classes may use: bands, mini ball and Magic circle. <b>(OWN Yoga Mat required)</b>
<b>Roller Flex</b>	Lengthen your muscles, boost recovery, flexibility and performance in exercise while increasing blood circulation and range of movement. <b>* You will need to bring your own foam roller for this class (90 cm roller is highly recommended)</b>
<b>YOGA</b>	Yoga – enabling you to achieve & maintain balance and strength between mind, body and spirit. <b>(OWN Yoga Mat required)</b>
<b>CIRCUIT</b>	A fast-paced moving class moving from one exercise to another lasting 30 seconds to 5 minutes. It increases muscle strength, endurance and co-ordination. <b>(OWN Yoga Mat required)</b>
<b>CIRCUIT EXPRESS</b>	30-minute, fast pace class changing from one exercise to another lasting 30 seconds to 5 minutes. Sessions are run on Stadium for a greater workout, increasing muscle strength, endurance and co-ordination. <b>(OWN Yoga Mat required)</b>
<b>STEP</b>	A great combo of freestyle step and body bar. The best of both worlds – cardio and strength <b>(OWN Yoga Mat required)</b>
<b>RETRO</b>	The 80's are back. Dance your way through your work out and prepare for your heartrate to rise all while toning with body weight exercises. <b>(OWN Yoga Mat required)</b>
 <b>Heart Foundation Walking</b>	Enjoy the fresh air and make a friend, while going on a 30-Minutes leisurely walk to different locations each week- Meet at reception/ Foyer.
<b>AQUA</b>	Step into a class that builds cardiovascular fitness and strength, which is low impact, yet challenging enough to achieve any new fitness level. An aquatic workout incorporating resistance training using buoyant water weights and noodles.
<b>AQUA DEEP</b>	Looking for that next challenge in your Aqua workouts, then this class is for you!! Build fitness and strength with this advanced low impact class, in the Deep end of the pool. Work on resistance training using buoyancy and water weights.
<b>ADULT BALLET CLASS</b>	Stimulates your body, mind and creativity in this virtual class under the supervision of one of our instructors. Ballet, will Improve your posture, build muscle and agility as well as flexibility.
<b>GROOVING</b>	Improve strength, balance and mobility with low impact moves as well as gentle strengthening exercises. This amazing class is a combination of both chair work and light aerobics.
<b>GOLDIES</b>	Water is an excellent base for exercise, providing an anti-stress environment for movement. For initial therapy, gentle water exercises use the water's resistance to build muscle strength and flexibility. The class is taken by accredited Arthritis Victoria warm water exercise leaders.
<b>GROOVING Aqua</b>	Builds cardiovascular fitness and strength with this low impact class. Use water weights as well as noodles to improve coordination, balance and strength.
<b>STRETCH</b>	As you age your muscles tighten and range of motion in the joints can be minimized. A regular stretching program can help lengthen your muscles and make daily living activities easier. <b>(OWN Yoga Mat required)</b>

## Some things you need to know:

- Minimum age **16yrs**
- No entry into class 5 mins after starting
- Class limits apply, book on **ACTIVE WORLD APP**
- **Remember to bring your:**  
**YOGA Mat, Foam Roller, Towel & Water Bottle**
- Consult your doctor before participating in any classes
- Timetable is subject to change without notice