

GROUP FITNESS STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5.35 AM	TABATA 45' Jess		CARDIO REV 45' Jess		TABATA 45' Karis
5.45 AM				LES MILLS GRIT ATHLETIC 30' Karis	
9.15 AM	LES MILLS BODYPUMP 55' Jackie	TABATA 45' Jess	LES MILLS BODYATTACK 45' Emma	LES MILLS GRIT STRENGTH 30' Mel	LES MILLS BODYPUMP 55' Chantel
9.50 AM	metafit 30' Mel	LES MILLS BODYBALANCE 55' Kylie		PILATES 75' Chantel	
10.15AM			CORE CONTROL 30' Katie		MOBILITY 45' Katie
4.00 PM	BOOT CAMP 45' Katie		TABATA 45' Alina		
5.00 PM		LES MILLS BODYPUMP 45' Mel			
5.45 PM	LES MILLS BODYATTACK 45' Jaime	HITSTEP 30' Mel	BELLS n BOXING 45' Alina	LES MILLS BODYPUMP 55' Jackie	
6.30 PM	LES MILLS BODYBALANCE 55' Kristie	LES MILLS GRIT ATHLETIC 30' Karis	yoga 55' Deb		
6.45 PM				LES MILLS BODYBALANCE 45' Kristie	

24 HOUR CYCLING STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5.45 AM		LES MILLS RPM VIRTUAL 45'		LES MILLS RPM VIRTUAL 45'	
9.15 AM	LES MILLS RPM VIRTUAL 45'	LES MILLS RPM VIRTUAL 45'	LES MILLS RPM VIRTUAL 45'	LES MILLS RPM VIRTUAL 45'	
5.15 PM		LES MILLS RPM VIRTUAL 30'		LES MILLS RPM VIRTUAL 30'	
6.00 PM	LES MILLS RPM 45' Andrew		LES MILLS RPM 45' Andrew		LES MILLS RPM VIRTUAL 45'

Starts Mon 29th April 2019

TIME	MONDAY
8.00 AM	LES MILLS GRIT STRENGTH 30' Jaime
8.35 AM	LES MILLS BODYATTACK 45' Jaime
9.25 AM	PILATES 55' Michelle/Chantel

THINGS YOU NEED TO KNOW

- ✓ Please arrive at least 5 mins early to set up equipment and discuss any injuries with your instructor (especially if you are new to group fitness).
- ✓ Late comers will be refused entry 5 mins after class start time. The warm-up is important so please be on time.
- ✓ Wear comfortable clothing, enclosed footwear and bring a towel and water bottle.
- ✓ Our instructors are here to help - please feel free to ask any questions before or after class.

TIME	MONDAY
8.15 AM	LES MILLS RPM 45' Andrew/Heather

LES MILLS RPM VIRTUAL Les Mills Virtual classes are taught on the big screen using Fitness on Demand. Virtual classes will start automatically at the scheduled time. Please be sure to wipe down your bike and turn off all lights, fans and air conditioner at the end of your class.

 This symbol indicates the length of the class in minutes

* Instructors are subject to change without notice

CLASS DESCRIPTIONS

LES MILLS BODYPUMP	Strength	The original barbell class that strengthens and tones your entire body. Your choice of weight enables you to get the results you came for and fast! The 45 minute format includes 2 tracks that combine muscle groups biceps/triceps and lunges/shoulders so you'll still get a total body workout. 16yrs +
LES MILLS GRIT STRENGTH	HIIT Strength	Using barbell, weight plate and body weight exercises GRIT Strength is a high intensity training workout that will blast all major muscle groups and take your strength to another zone. 16yrs +
LES MILLS GRIT ATHLETIC	HIIT Cardio	The short, sharp workout incorporating training modalities that enhance athletic performance - speed, strength and explosive power. Get in, get it done and see the results! 16yrs +
LES MILLS BODYATTACK	Cardio	The high-energy class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push ups and squats. Build stamina, improve your agility and smash calories, all while toning and shaping your body. 16yrs +
LES MILLS RPM	Cardio	The indoor cycling workout where you ride to the rhythm of powerful music. Let our inspiring leaders take you over the hills, flats, mountain trails & interval training. Available 24hrs with our virtual RPM classes - see the scheduled virtual classes which start automatically or start your own class on demand. 14yrs +
HITSTEP	Cardio Strength	The 30 minute workout that uses only bodyweight and a step, and is designed to shred fat and help you reach peak fitness. There's no fancy footwork and plenty of options to cater for all fitness levels. HIIT Step will have your heart pounding and your legs aching! 16yrs +
metafit BODYWEIGHT TRAINING	HIIT Cardio	The military-style training program that combines bodyweight exercises with the HIIT techniques to set the metabolism on fire! Metafit is a functional and effective workout that can be adapted for all levels of fitness and abilities. 14yrs +
CARDIO REV	Cardio Strength	A group of exercises laid out for you to complete at your own pace - includes functional movements, cardio, core and strength exercises. Great for improving your aerobic capacity and endurance. Suitable for beginners as well as seasoned exercisers. 16yrs +
TABATA	HIIT Strength Cardio	Tabata involves short bursts of high-intensity functional exercises interspersed with rest periods. This type of training burns more calories in less time. Work at your own pace - exercise options given to suit all abilities and fitness levels. 16yrs +
BOOT CAMP	Strength Cardio	This fun class focuses on both cardio & strength work using a variety of equipment and training methods including boxing, HIIT, weights, kettlebells, battle ropes, bodyweight/core conditioning. Your coach will vary the exercises and format for every workout so no two bootcamp sessions are the same. 16yrs +
BELLS n BOXING	Cardio Strength	A series of boxing/kickboxing drills using focus mitts and shields combined with kettlebell strength and endurance exercises to give a full body workout. No previous boxing experience required. All equipment provided. 16yrs +
MOBILITY	Mobility, balance, function	A slower paced class that will optimise your body's mobility and function. We combine stretching, mobilisation and breathing to improve function, assist with injury, improve posture and stability. Suitable for beginners to advanced, this class will allow you to join in at any stage and progress at your own pace. 16yrs +
LES MILLS BODYBALANCE	Core Flexibility	The Yoga, Tai Chi, Pilates workout that build flexibility and strength leaving you feeling centred and calm. Improves your posture & teaches you valuable relaxation techniques. The 45 minute format has a strong focus on stretching and flexibility to enhance your day to day functionality. 14yrs +
CORE CONTROL	Core & Glute Activation	Learn to fully engage and strengthen your abdominal & gluteal muscles with simple activation exercises using resistance bands. Build a strong core base to prevent injuries, improve posture and build core strength to carry over into your everyday movements. 14yrs +
PILATES	Core Flexibility	Pilates exercise focuses on spinal alignment (better posture), core & pelvic stabilisation (strong abs), stress release and flexibility. This 60 minute mat class may involve hands-on instruction by the Pilates instructor to encourage adjustments & provide corrections to ensure exercises are done safely and effectively. Suitable for both beginners/advanced as modifications & variations are coached. 14yrs +
yoga	Flexibility Mind & body	A gentle, slower-paced stretching-focused class with some basic breathing exercises and meditation at the end. The perfect class to work on your alignment, learn relaxation techniques, and become comfortable with doing yoga while building strength and flexibility. Suitable for everyone. 14yrs +

Please bring your own yoga/pilates mat & a towel.

GROUP FITNESS & 24HR CYCLING STUDIO

Starts Monday 29th April 2019



Shire of Dardanup
Eaton Recreation Centre