

# GROUP FITNESS CLASSES

## TIMETABLE

From 14th  
October 2024

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN STUDIO	07:00am	Active Longer 60min (Therese)	BODYPUMP 45min (Charne)	Active Longer Dance 45min (Therese)	BODYBALANCE 45min (Charne)			
	08:00am	Gentle Yoga 50min (Nadine S)	Yoga 45min (Charne)			Active Longer 60min (Terri)		
	09:00am	BODYPUMP 60min (Terri)	Step Tabata 45min (Terri)	BODYCOMBAT 45min (Terri)	BODYBALANCE 60min (Terri)	Zum ba 60min (Kath)	Zum ba 60min (Kim)	
	10:00am	Zum ba 60min (Kath)		Zum ba 60min (Kath)		BODYPUMP 60min (Terri)	Vin yasa Yoga 60min (Nadine S)	
	11:15am	Active Longer 60min (Therese)		Active Longer 60min (Therese)		Active Longer 60min (Brett)		
	12:15pm	Stretch 45min (Vanessa)						
	12:45pm				Stretch 45min (Brett)			
	3:00PM							Yin Yoga 60min (Nadine S)
	4:30pm	BODYCOMBAT 45min (Terri)	BODYBALANCE 45min (Charne)	Yoga 45min (Charne)	BODYPUMP 45min (Bec)	Pilates 60min (Hayley G)		
	5:30pm	Pilates 60min (Hayley G)	Zum ba 60min (Kath)	Circuit 60min (Brett)	Yoga 45min (Charne)			

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SMALL GROUP STUDIO	6:15am	Aerobic 30min (Brett)	Strength 30min (Miki)	Functional 30min (Miki)	Aerobic 30min (Miki)	Strength 30min (Miki)		
	8:15am						Functional 30min (Brett)	
	9:00am	Aerobic 30min (Brett)		Functional 30min (Therese)		Strength 30min (Brett)		
	9:45am					Strength 30min (Brett)		
	12:15pm		Strength 30min (Miki)		Aerobic 30min (Miki)			
	5:00pm	Aerobic 30min (Miki)			Aerobic 30min (Hayley M)			
	5:35pm		Strength 30min (Terri)	Functional 30min (Hayley M)				
OUT- DOOR	08:00am	Active Longer 45min (Terri)		Active Longer Cardio 45min (Terri)				
	09:00am				Circuit 45min (Bec)			
CYCLE STUDIO	6:10am	RPM 50min (Nadine C)		RPM 50min (Nadine C)		RPM 50min (Hayley M)		
	9:00am		RPM 50min (Hayley M)		RPM 50min (Nadine C)			

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AQUATICS	08:00am	AQUA 50min (Therese)	AQUA 50min (Bec)	AQUA 50min (Therese)	AQUA 50min (Charne)	AQUA 50min (Bec)		
	09:30am	AQUA 50min (Therese)	Open Squad 60min		Open Squad 60min	AQUA 50min (Bec)		
	10:00am			AQUA 50min (Therese)				
	6:00pm	Open Squad 60min		Open Squad 60min				
	6:30pm				AQUA ZUMBA 50min (Lauren)			

### Great Lakes Aquatic Centre

55 Lake Street, Forster, NSW 2428 | 02 8344 0901  
greatlakesalc@belgravialeisure.com.au | greatlakesalc.com.au

### Opening Hours

Monday - Thursday: 6:00am – 9:00pm | Friday: 6am – 8pm  
Saturday: 8am – 5pm | Sunday: 9am – 5pm

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**BodyBalance – Les Mills:** Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises while you strengthen your entire body.

**RPM – Les Mills:** RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories in a session. Your instructor takes you on a journey of hill climbs, sprints and flat riding. Spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your performance and boost your cardio fitness.

**BodyPump – Les Mills:** BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit, fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven techniques. Pumping out encouragement, motivation and great music whilst burning up to 540 calories.

### **BodyCombat – Les Mills:**

BODYCOMBAT™ is a total body martial arts workout that is designed to give you maximum calorie burn. Punch and kick your way to fitness with this high-energy non-contact martial arts workout. You'll release stress, have a blast and feel like a champ.

**Yoga:** A flowing and meditative class, YOGA is for healing and restoring balance within the mind, body and spirit. Poses are structured around alignment principles to ensure safe and optimal expression in each post. You will work on improving your muscle tone, strength, stamina and overall flexibility.

**Pilates:** PILATES will challenge your strength, flexibility and coordination with traditional and modern Pilates. Performed on the floor you'll feel strong, streamlined and invigorated after this thorough workout. Pilates has the power to transform your physical, emotional and spiritual state.

**Zumba:** ZUMBA is an exciting class that is a fusion of Latin and International music/dance themes. The routines feature aerobic interval training with a combination of rhythms that tone and sculpt the body. Zumba is a "feel happy" workout that is great for the mind and body.

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**Active Longer:** Held in a circuit format, this class incorporates gentle upper and lower body weights with abdominal, core strength, balance and flexibility exercises. It is the perfect way to gently introduce your body into a regular exercise routine and is suitable for all levels of fitness and mobility.

**Active Longer Cardio – Outdoor:** Seniors freestyle cardio class is a workout that will help improve heart and lung fitness as well as your balance and co-ordination.

**Aqua:** In an AQUAAEROBICS class, the water provides a great cardio workout with cushioning, resistance and support. Joints are safely supported by each exercise that works the whole body. Improving your cardio, strength, endurance, posture and flexibility all at the same time.

**Step Tabata:** Take Step to the next level with this high energy dynamic workout geared to burn all over body fat.

**Circuit:** This is a full- body workout that focuses on the fundamentals of functional, power, and endurance strength training. It features a circuit training format and has participants working in partners and small groups to achieve their strength goals! While the class focuses mainly on weight training through the use of free weights, resistance bands, barbells, and more to engage every muscle, it also includes short intervals of cardio and core work.

**Functional Training:** Functional Training sessions are 30-minute high-energy workouts that fits seamlessly into your busy schedule. This functional training program combines the latest in exercise science with progressive overload techniques, ensuring maximum results in just 30 minutes. Our Functional Training workouts are planned in 8 weeks blocks. Sessions get progressively more challenging as you move through the 8-week period keeping you motivated, challenging yourself and seeing results.

Offering three dynamic workout sessions to choose from, you can mix up your week with functional, strength and cardio based sessions. Functional Training personalised group coaching sessions are developed with a results-driven approach to elevate your workout experience to new heights.

**Aerobic:** AEROBIC is a class that will get your heart pumping for longer durations of work time, this class will help you increase your overall fitness.

**Strength:** STRENGTH is a full body resistance training class that will help with overall strength & feeling fit.

**Functional:** FUNCTIONAL is a mixture of bodyweight functional movements & equipment that will help you improve mobility and strength