



# Group Exercise Timetable

Begins Monday Oct 24



South East Leisure

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>LES MILLS RPM</b> 6am-6:45am Cycle Studio				
	<b>Aqua Fit</b> 8:15am-9am 50m Pool	<b>LES MILLS BODYBALANCE</b> 8:30am-9:15am Main Studio		<b>Lite Pace Fitness</b> 8:45am-9:30am Circuit Room	<b>Iyengar Yoga</b> 8:15am-9am Wellness Studio	
					<b>LES MILLS BODYATTACK</b> 8:40am-9:25am Main Studio	
<b>Aqua Fit</b> 9am-9:45am 50m Pool	<b>Aqua Movers</b> 9am-9:45am Hydro Pool	<b>Aqua Fit</b> 9am-9:45am 50m Pool	<b>Aqua Movers</b> 9am-9:45am Hydro Pool	<b>Aqua Fit</b> 9am-9:45am 50m Pool		
<b>Lite Pace Fitness</b> 9:30am-10:15am Circuit Room	<b>Pilates</b> 9:15am-10am Wellness Studio	<b>Iyengar Yoga</b> 9:30am-10:15am Wellness Studio	<b>Lite Pace Fitness</b> 9:30am-10:15am Circuit Room		<b>LES MILLS BODYPUMP</b> 9:30am-10:15am Main Studio	
<b>LES MILLS BODYSTEP CLASSIC</b> 9:30am-10:15am Main Studio	<b>Lite Pace Fitness</b> 9:30am-10:15am Circuit Room					
<b>Aqua Movers</b> 10am-10:45am Hydro Pool	<b>Aqua Movers</b> 10am-10:45am Hydro Pool	<b>Lite Pace Fitness</b> 10am-10:45am Circuit Room	<b>Aqua Movers</b> 10am-10:45am Hydro Pool	<b>Aqua Movers</b> 10am-10:45am Hydro Pool		
<b>Yoga</b> 10:30am-11:15am Wellness Studio	<b>Yogalates</b> 10:15am-11am Wellness Studio		<b>Yoga</b> 10:30am-11:15am Wellness Studio	<b>Tai Chi Qigong</b> 10:30am-11:15am Wellness Studio		<b>Tai Chi Qigong</b> 10:30am-11:15am Wellness Studio
	<b>Aqua Movers</b> 11:30am-12:15pm Hydro Pool	<b>Aqua Movers</b> 11:15am-12pm Hydro Pool		<b>Aqua Movers</b> 11am-11:45am Hydro Pool		
	<b>Functional Circuit</b> 5:45pm-6:30pm Functional Training Studio	<b>LES MILLS BODYPUMP</b> 5:30pm-6:15pm Main Studio	<b>LES MILLS BODYBALANCE</b> 5:30pm-7:15pm Main Studio			
<b>Yoga</b> 6pm-6:45pm Wellness Studio						
<b>Aqua Fun</b> 6:15pm-7pm Hydro Pool	<b>LES MILLS RPM</b> 6:30pm-7:15pm Cycle Studio	<b>Functional Circuit</b> 6:15pm-7pm Functional Training Studio	<b>Functional Circuit</b> 6:15pm-7pm Functional Training Studio			
<b>Functional Circuit</b> 6:15pm-7pm Functional Training Studio	<b>Aqua Fun</b> 6:30pm-7:15pm Hydro Pool	<b>Yoga</b> 6:30pm-7:15pm Wellness Studio	<b>Aqua Fun</b> 6:30pm-7:15pm Hydro Pool			
<b>Boxing</b> 7pm-7:45pm Functional Training Studio	<b>ZUMBA</b> 6:30pm-7:30pm Main Studio	<b>Meditation</b> 7:20pm-8:15pm Wellness Studio	<b>Stretch &amp; Relax</b> 7:30pm-8:15pm Wellness Studio			

■ - Womens Only

## **AQUA FIT**

A low-joint impact class in shallow water for all fitness levels. Exercises are designed to increase your heart rate and strengthen your abdominals, buttocks and thighs. Low impact and medium intensity.

## **AQUA FUN**

This class utilizes different exercises and routines coupled with mild aerobics, all at the pace and comfort level of each individual. Water aerobics improves flexibility, strengthens muscles, improves balance and coordination.

## **AQUA MOVERS**

Designed for individuals of all levels of ability and mobility aged 50 years and over. 'Aqua Movers' is a simple water based exercise class.

## **AQUA YOGA**

Aqua Yoga adapts the postures and principles of yoga, including breathing and mindfulness, to an aquatic environment. It is a relaxing, soothing and restorative form of yoga due to the effect on the body of being in water

## **LES MILLS BODYATTACK**

BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

## **LES MILLS BODYBALANCE**

BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

## **LES MILLS BODYPUMP**

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

## **LES MILLS BODYSTEP CLASSIC**

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.

## **BOXING**

Boxing classes encompass both the technical aspects of boxing, along with core strengthening exercises. You will learn boxing skills such as correct form in throwing jabs, hooks and uppercuts, whilst working at an intense pace.

## **FUNCTIONAL TRAINING/CIRCUIT**

A structured workout that is designed to push you to your limits to help you achieve your results FAST. Involves a combination of Functional Training & High Intensity Interval Training. In HIIT there is a massive emphasis on teaching movements, doing the workout, then beating your own score.

## **IYENGAR YOGA**

Iyengar Yoga focuses on three aspects: alignment, sequencing and timing. Alignment means maintaining the intended pose while respecting the body's boundaries. Iyengar yoga encourages the use of props to assist students within an asana without putting them at risk of injury.

## **LITE PACE FITNESS**

Suitable for beginners or those wanting a light-paced workout, Lite Pace provides the foundation to build aerobic fitness and muscle conditioning. This is a popular class among women returning to exercise, those wanting to learn exercise technique, and improve overall health and fitness in a slower setting.

## **MEDITATION**

Meditation uses a variety of techniques to train us in the art of focusing our mind. Once the mind is still and quiet, we have the opportunity to see clearly, free from judgement, and to live more fully in the present moment.

## **PILATES**

Mat Pilates is a Pilates training practice that can be done on a mat. In this class, you hold movements like planks, side planks, and core exercises to build your muscle groups and core strength.

## **LES MILLS RPM**

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

## **STRETCH AND RELAX**

This class includes holding poses for several minutes to help to stretch the body and calm the nervous system. The end of the class is dedicated to a meditation session, so you leave the class feeling refreshed, balanced and ready to take on the days ahead.

## **TAI CHI QIGONG**

Tai Chi Qigong works on balance and coordination, improves your fitness and flexibility, and develops your focus and concentration; leading you to a place of stillness, calm and clarity.

## **YOGA**

This class incorporates yoga postures, gentle movement sequences, breath work, supported silent meditation, and guided relaxation to support increased awareness and mindfulness of the breath and body, and quieting of the nervous system.

## **YOGALATES**

Yogalates is a mixture of Pilates and Yoga. You will get a workout that increases core strength and improves posture, whilst increasing flexibility and reducing stiffness. The Pilates exercises are aimed at strengthening the core abdominal muscles, which support the spine and assist in good posture.

## **ZUMBA**

Zumba is an interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.