



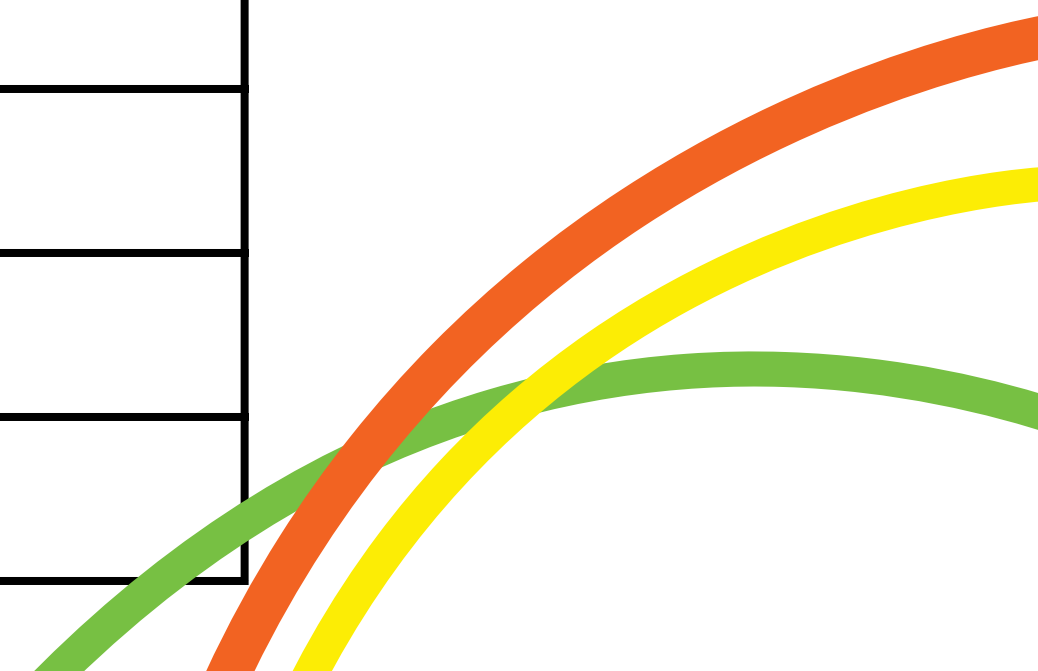
**Autumn 2024**

**Group Fitness  
Timetable**



**South East  
Leisure**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>SELcius</b> 6:00am-6:45am Functional Training Studio				<b>SELcius</b> 6:00am-6:45am Functional Training Studio		
<b>Mat Pilates</b> 8:10am-8:55am Function Room 1		<b>LES MILLS BODYBALANCE</b> 8:30am-9:30am Group Fitness Studio	<b>Aqua Fit</b> 9:00am-9:45am 50m Pool	<b>Lite Pace Fitness</b> 8:45am-9:30am Circuit Room	<b>Hatha Yoga</b> 8:15am-9:00am Function Room 1	
<b>Aqua Fit</b> 9:00am-9:45am 50m Pool	<b>Lite Pace Fitness</b> 9:30am-10:15am Circuit Room	<b>Aqua Fit</b> 9:00am-9:45am 50m Pool	<b>Aqua Movers</b> 9:00am-9:45am Hydro Pool	<b>Aqua Fit</b> 9:00am-9:45am 50m Pool		
<b>Lite Pace Fitness</b> 9:30am-10:15am Circuit Room	<b>Aqua Fit</b> 9:45am-10:30am 50m Pool	<b>Vinyasa Yoga</b> 9:30am-10:15am Function Room 1	<b>Lite Pace Fitness</b> 9:30am-10:15am Circuit Room	<b>LES MILLS BODYBALANCE</b> 9:35am-10:20am Group Fitness Studio	<b>LES MILLS BODYPUMP</b> 9:30am-10:15am Group Fitness Studio	
<b>Aqua Movers</b> 10:00am-10:45am Hydro Pool	<b>Aqua Movers</b> 10:30am-11:15am Hydro Pool	<b>Lite Pace Fitness</b> 10:00am-10:45am Circuit Room	<b>Aqua Movers</b> 10:00am-10:45am Hydro Pool	<b>Aqua Movers</b> 10:00am-10:45am Hydro Pool		<b>Tai Chi Qigong</b> 10:30am-11:15am Function Room 1
<b>Vinyasa Yoga</b> 10:30am-11:15am Function Room 1	<b>Pilates</b> 10:30am-11:15am Function Room 1			<b>Tai Chi Qigong</b> 10:30am-11:15am Function Room 1		
	<b>Aqua Movers</b> 11:30am-12:15pm Hydro Pool	<b>Aqua Movers</b> 11:15am-12:00pm Hydro Pool	<b>Aqua Movers</b> 11:00am-11:45am Hydro Pool	<b>Aqua Movers</b> 11:00am-11:45am Hydro Pool		
<b>Hatha Yoga</b> 6:00pm-6:45pm Function Room 1						
<b>SELcius</b> 6:15pm-7:00pm Functional Training Studio	<b>SELcius</b> 5:45pm-6:30pm Functional Training Studio	<b>LES MILLS BODYPUMP</b> 5:45pm-6:30pm Group Fitness Studio	<b>Yin</b> 6:30pm-7:15pm Function Room 1	<b>SELcius</b> 5:30pm-6:15pm Functional Training Studio		
<b>Aqua Fun</b> 6:30pm-7:15pm Hydro Pool	<b>LES MILLS RPM</b> 6:30pm-7:15pm Cycle Studio	<b>Aqua Fun</b> 6:15pm-7:00pm Hydro Pool	<b>SELcius</b> 6:30pm-7:15pm Functional Training Studio	<b>SELcius -BOX</b> 6:15pm-7:00pm Functional Training Studio		
	<b>ZUMBA</b> 6:30pm-7:30pm Group Fitness Studio	<b>Yin</b> 6:30pm-7:15pm Function Room 1	<b>Aqua Fun</b> 6:30pm-7:15pm Hydro Pool			
<b>SELcius -BOX</b> 7:00pm-7:45pm Functional Training Studio	<b>Aqua Fun</b> 6:30pm-7:15pm Hydro Pool	<b>Meditation</b> 7:40pm-8:25pm Function Room 1	<b>Meditation</b> 7:40pm-8:25pm Function Room 1			





# Class Descriptions



## **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.

## **LES MILLS RPM**

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

## **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.

## **SEL-cius**

Designed to push your fitness limits and elevate your overall functional strength, endurance, and cardiovascular fitness. This dynamic and intense workout program combines functional movements with high-intensity intervals, using MyZone technology to enhance the member experience.

## **SEL-cius -BOX**

Offers an invigorating and dynamic fitness experience that combines the art of boxing with the benefits of high-intensity interval training. This class is designed to boost your cardiovascular endurance, full-body strength, agility, and mental focus while learning essential boxing techniques.

## **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.

## **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.

## **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.

## **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.

## **HATHA YOGA**

The Hatha Yoga class offers a serene and balanced approach to physical, mental, and spiritual well-being through the practice of traditional yoga postures, breathing techniques, and relaxation methods. This class is designed to help participants cultivate mindfulness, flexibility, strength, and inner tranquility while promoting overall harmony and self-awareness.

## **VINYASA YOGA**

The Vinyasa Yoga class offers a dynamic and fluid approach to yoga practice, focusing on the synchronization of breath and movement. Through a series of creatively sequenced postures, participants will experience a harmonious flow that enhances strength, flexibility, mindfulness, and inner balance.

## **YIN**

The Yin Yoga class offers a meditative and deeply relaxing practice that targets the connective tissues, promoting flexibility, inner calm, and balance. Through long-held, passive poses, participants will experience a unique form of yoga that encourages introspection, mindfulness, and rejuvenation.

## **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.

## **MEDITATION**

Immerse yourself in serenity with our Meditation Class, where guided sessions lead you to inner calm. Elevate your well-being through mindful practices, promoting stress relief and heightened focus. Join a community committed to the transformative journey of self-discovery and peace.