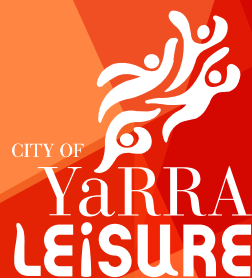


GROUP EXERCISE TIMETABLE

16 SEPTEMBER - 30 SEPTEMBER 2019

MODIFIED TIMETABLE DUE TO COLLINGWOOD
GROUP EXERCISE ROOM WORKS AND CLOSURE



INVOLVE CONNECT ENJOY



RICHMOND RECREATION CENTRE

| TIME | M | T | W | T | F | S | S |
|---|--------------------|--------------------------------------|-------------------------|--------------------------------------|------------------------|---------------|--------------|
| GENERAL PROGRAMS (Sessions marked * are held in The Studio) | | | | | | | |
| 6.15am | Functional Circuit | Pump/Core [45 mins] Circuit HIIT* | Yoga 1 (45 min) | Pump/Core [45 mins] Circuit HIIT* | Body Pump (45 min) | | |
| 7.00am | | Circuit HIIT* | | Circuit HIIT* | | | |
| 8.00am | | | | | | Circuit HIIT* | |
| 8.15am | | | | | | Body Step | Body Pump |
| 9.00am | | | | | | Circuit HIIT* | |
| 9.15am | Body Pump | Zumba | Body Balance | Body Pump | Pilates 1 | Body Pump | |
| 9.30am | | | | | | | Body Balance |
| 10.30am | Yoga 1 | Body Balance^ | Functional Circuit^ | Yoga 1 | Body Pump | Body Attack | |
| 11.30am | | | | | | | Yoga 1 |
| 12.15pm | Circuit HIIT* | Circuit HIIT* | Yoga 1 Circuit HIIT* | Circuit HIIT* | Zumba Circuit HIIT* | | |
| 2.00pm | | Yoga 1 | | | | | |
| 4.30pm | | | | | | Body Balance | Body Pump |
| 5.30pm | Body Step | Body Attack | Body Combat | Body Pump | | | |
| 6.30pm | Yoga 1 | Body Pump | Body Balance | Body Attack | | | |
| 7.30pm | Body Pump | Body Balance Boxing Circuit* | Body Pump | Yoga 1 Boxing Circuit* | | | |
| SMALL GROUP TRAINING (Exclusive to members. Sessions marked * are held in The Studio.) | | | | | | | |
| 6.00am | X-Press | Pavi | HIIT | X-Press | HIIT | | |
| 8.00am | Core | Strength | X-Press | Pavi | HIIT | X-Press | |
| 9.15am | Pavi | HIIT | Core | X-Press | Strength | HIIT | Core |
| 11.30 am | | | | | | X-Press | Pavi |
| 5.00pm | | | | | | Core | X-Press |
| 5.15pm | Pavi* | Core* | Strength* | Core* | HIIT | | |
| 5.45pm | | HIIT* | | | | | |
| 6.15pm | HIIT* | X-Press* | Pavi* | HIIT* | X-Press | | |
| 7.00pm | Strength* | HIIT* | X-Press* | Pavi* | | | |
| AQUA (Numbers refer to the number of allocated lanes) | | | | | | | |
| 6.15am | | DWR (1) | | DWR (1) | | | |
| 9.30am | Aqua (3) | Aqua (3) | | | Aqua (3) | | |
| 10.30am | | | Aqua (2) | Aqua (2) | | Aqua (2) | Aqua (2) |
| 6.30pm | | DWR (2) | | | | | |
| SPIN CLASSES | | | | | | | |
| 6.00am | SPIN | | SPIN | | SPIN | | |
| 8.30am | | | | | | SPIN | |
| 9.30am | | SPIN | | | SPIN | | |
| 10.30am | | | | | | | SPIN |
| 6.00pm | SPIN | SPIN | SPIN | SPIN | | | |
| 7.00pm | | SPIN | | | | | |

*Sessions added during Collingwood group exercise room works.

CLASS DESCRIPTIONS

LES MILLS FITNESS CLASSES

6.10am and 6.15am Les Mills classes run for 45 minutes, all others run for 55 minutes.



High-intensity, high-energy cardio workout to build strength and stamina. Combines athletic aerobic, strength and stabilisation exercises.



A Yoga, Tai Chi and Pilates workout. Controlled breathing and structured stretches, moves and poses to build strength and flexibility.



An energetic program inspired by martial arts such as karate, boxing, taekwondo, tai chi and muay thai. Strike, punch, kick and kata your way to cardio fitness.



Strengthen your entire body with the original barbell class. Challenge all your major muscle groups through high repetition movements for muscle conditioning.



An energising step workout. Cardio blocks push systems into high gear followed by muscle conditioning tracks.



A group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories. Follow the virtual instructors through a 45 minute spin class.

SMALL GROUP TRAINING

All Small Group Training classes run for 30 minutes.

Core

Build movement, mobility and core strength through body weight exercises.

HIIT

High Intensity Interval Training using multiple short intervals on various equipment to get you fit, fast.

Pavi

Fun and functional training on the interactive Pavi flooring. Body weight exercises and free weights test strength, stamina and agility.

Strength

Improve strength and technique on major lifts like squats, deadlifts and presses.

X-Press

A high intensity circuit class using machines and free weights. Increase your mobilisation, muscular strength and endurance.

GENERAL PROGRAMS

Aqua

Suitable for beginner to advanced, utilising water resistance for a cardio-strength workout without stress on the joints. Class runs for 45 minutes.

Boxing Circuit

Interval training session blending strength and cardio with pad work. Class runs for 45 minutes.

Circuit

A combination of strength and cardio using equipment and interval training. Class runs for 45 minutes.

Circuit HIIT

A high energy class combining the use of strength training and cardio intervals utilising various equipment to get you to your best. Class runs for 45 minutes and is held in the Richmond Studio.

DWR

A low-impact, running-training inspired workout in the water with the challenge of extra resistance. Class runs for 45 minutes.

Functional Circuit

A circuit class combining the use of both body weight exercises and the latest in functional training equipment to get you feeling fit, strong and energised. Class runs for 45 minutes.

Pilates 1

Beginner level mat Pilates. Exercises build core strength, support lower back and bring flexibility to spine, hips and shoulders. Class runs for 55 minutes. *Unsuitable during pregnancy.

Pilates 2

Dynamic mat Pilates exercises to further challenge and enhance strength, flexibility and principles developed in Pilates 1. Class runs for 55 minutes. *Unsuitable during pregnancy.

Power Core

A full body workout focussing on core strength and stabilisation. With the use of body weight, steps, barbells, functional equipment and more this class will get your core firing. Class runs for 45 minutes.

Pump Core

A class combining Body Pump and Core giving you a full body workout by utilising body weight, steps, weight plates, barbells, power tubes and more. Class runs for 45 minutes.

Spin

Indoor cycling with adjustable resistance for all levels. A fantastic cardio workout. Live classes led by an instructor for 45 minutes.

Yoga 1

Beginners. Focus on posture and range of movement for flexibility, balance and relaxation. Standing poses, forward and back bends and twists. Class runs for 55 minutes.

Yoga 2

Intermediate. New challenges, such as inverted poses (alternatives offered). Class runs for 55 minutes.

Yoga 3

Experienced (familiar with inverted poses). Technique refining including strong standing poses and full back bends. Class runs for 55 minutes.

Yin Yoga

A slow-paced restorative Yoga with longer holds in supported poses for suppleness, calm and profound relaxation. No experience needed. Runs for 55 minutes.

Zumba and Zumba Gold

Join the party! A mix of low and high intensity dance moves for a 55 minute interval fitness party. Zumba Gold suited to older adults looking for lower intensity fun.

COLLINGWOOD LEISURE CENTRE

| TIME | M | T | W | T | F | S | S |
|--|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| GENERAL PROGRAMS | | | | | | | |
| GROUP EXERCISE ROOM CLOSED | | | | | | | |
| SMALL GROUP TRAINING (Exclusive to members) | | | | | | | |
| 6.10am | HIIT | X-Press | HIIT | Pavi | X-Press | | |
| 7.00am | | Strength | | Core | | | |
| 8.30am | | | | | | HIIT | Pavi |
| 9.15am | Strength | Core | Pavi | X-Press | HIIT | | |
| 10.30am | | | HIIT | | X-Press | Pavi | Core |
| 12.30pm | X-Press | Pavi | Strength | HIIT | Core | | |
| 5.00pm | HIIT | | Pavi | | | | |
| 6.00pm | | Strength | | Core | | | |
| 7.00pm | Pavi | | HIIT | | | | |
| 8.00pm | | X-Press | | Strength | | | |
| AQUA (Numbers refer to the number of allocated lanes) | | | | | | | |
| 6.15am | | | DWR (3) | | | | |
| 7.30am | Aqua (3) | | | | | | |
| 8.15am | | Aqua (4) | | Aqua (4) | | Aqua (4) | Aqua (3) |
| 9.15am | Aqua (4) | Aqua (4) | Aqua (4) | Aqua (4) | Aqua (4) | | |
| 4.30pm | | | | | | Aqua (3) | Aqua (3) |
| 7.00pm | | | | DWR (3) | | | |
| 7.30pm | Aqua (3) | | Aqua (3) | | | | |
| SPIN CLASSES | | | | | | | |
| 6.10am | Virtual RPM | SPIN | SPIN | SPIN | SPIN | | |
| 7.30am | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | | |
| 8.30am | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | SPIN | SPIN |
| 9.30am | Virtual RPM | Virtual RPM | Virtual RPM | SPIN | Virtual RPM | SPIN | Virtual RPM |
| 10.30am | SPIN | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM |
| 12.00pm | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM |
| 1.00pm | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM |
| 2.00pm | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM |
| 3.00pm | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM |
| 4.00pm | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM |
| 5.00pm | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM |
| 6.00pm | SPIN | | Virtual RPM | SPIN | Virtual RPM | | |
| 7.00pm | Virtual RPM | | Virtual RPM | | | | |
| 7.30pm | | Virtual RPM | | Virtual RPM | | | |
| 8.00pm | Virtual RPM | | Virtual RPM | | | | |

The group exercise room at Collingwood Leisure Centre will be closed for upgrade works from Monday 16 September to Monday 30 September 2019.

15 additional classes have been scheduled at Fitzroy Swimming Pool and 2 additional classes have been scheduled at Richmond Recreation Centre during this period.

Group exercise classes will resume as normal on Tuesday 1 October 2019.

For further information please visit leisure.yarracity.vic.gov.au/closure

FITZROY SWIMMING POOL

| TIME | M | T | W | T | F | S | S |
|--|---------------------|---------------------|--------------------|--------------------|--------------|----------------------|---------------------|
| GENERAL PROGRAMS | | | | | | | |
| 6.15am | Functional Circuit | Body Pump (45 min) | Functional Circuit | Body Pump (45 min) | Pilates 1 | | |
| 8.10am | Functional Circuit^ | Body Pump^ | Yoga 1^ | | | Yoga 2^ | Pilates 1 |
| 8.15am | | | | Yoga 1 | Body Pump^ | | |
| 9.15am | Body Pump | | Body Pump | | | | |
| 9.30am | | Pilates 1 & 2 | | Pilates 1 | Body Balance | Functional Circuit^ | Yoga 2 & 3 (90 min) |
| 9.45am | | | | | | | |
| 10.30am | Yoga 1 & 2 | Yoga 1 | Yoga 1^ | Body Balance^ | Pilates 1 | Body Balance^ | |
| 11.00am | | | | | | | Yin Yoga |
| 11.45am | | | | | | Body Pump^ | |
| 12.15pm | Body Pump^ | Pilates^ | Zumba Gold^ | | Yoga 1^ | | Yoga 1 |
| 1.30pm | | | | | | Yoga 1 & 2^ (90 min) | |
| 3.30pm | | | | | | Body Pump^ | Body Pump^ |
| 4.30pm | | | | | | Yoga 1 | Yoga 1 |
| 5.30pm | Yoga 1 & 2 | Body Balance | Pilates 1 | Power Core | Body Pump | | |
| 6.30pm | Body Pump | Pilates 1 | Yoga 1 | Yoga 1 & 2^ | | | |
| 7.30pm | Power Core | Yoga 2 & 3 (90 min) | Yin Yoga | Body Pump^ | | | |
| SMALL GROUP TRAINING (Exclusive to members) | | | | | | | |
| 6.10am | HIIT | | HIIT | Strength | Core | | |
| 7.00am | | Strength | | Pavi | | | |
| 8.00am | Core | | Strength | | X-Press | | |
| 8.15am | | | | | | X-Press | |
| 9.15am | Strength | X-Press | HIIT | Strength | HIIT | Core | X-Press |
| 10.30am | | | Core | | X-Press | | Core |
| 12.30pm | X-Press | Pavi | X-Press | HIIT | Core | HIIT | Strength |
| 5.00pm | HIIT | | X-Press | | Pavi | | |
| 6.00pm | | Strength | | Pavi | | | |
| 7.00pm | Pavi | | HIIT | | | | |

^Sessions added during Collingwood group exercise room works.

OPENING HOURS

Monday to Thursday
Friday
Saturday and Sunday

COLLINGWOOD LEISURE CENTRE

Cnr Turnbull and Hoddle Sts, Clifton Hill
6am - 9pm
6am - 8pm
8am - 6pm

FITZROY SWIMMING POOL

Alexandra Parade, Fitzroy
6am - 9pm (Aquatic areas 8pm)
6am - 8pm
8am - 6pm

RICHMOND RECREATION CENTRE

Gleadell St, Richmond
5.30am - 10pm
5.30am - 9pm
7am - 7pm

Pools close 15 minutes prior to the published centre closing time.

For further information, phone 9205 5522 or visit yarraleisure.com.au

IMPORTANT INFORMATION

- Small group training is exclusive to members with gym access.
- Know and respect Yarra Leisure's code of conduct.
- Advise instructors before class begins of existing injuries/ conditions or pregnancy.
- To avoid disruption and to prevent injury, we reserve the right to refuse entry to a class if you are more than five minutes late.
- For safety reasons, please attend both the warm up and cool down phases of the class.
- If leaving before class finishes, leave your equipment to be put away by the instructor to avoid disturbing others.
- Bring a sweat towel, water bottle and comfortable clothing. Shoes are compulsory, except for Body Balance™, Yoga and Pilates.
- Do not bring your bags into the group fitness rooms.
- We recommend using mats for Yoga, Pilates and Body Balance – these are not provided but are for sale at Reception.
- We recommend using boxing gloves for Boxing Circuit – these are not provided but are for sale at Reception.



INVOLVE CONNECT ENJOY