

GROUP EXERCISE TIMETABLE

COLLINGWOOD LEISURE CENTRE

21 DECEMBER 2020 - 10 JANUARY 2021

**COLLINGWOOD
LEISURE CENTRE**



COLLINGWOOD LEISURE CENTRE

TIME	M 21/12	T 22/12	W 23/12	T 24/12	F 25/12	S 26/12	S 27/12
GENERAL PROGRAMS							
6.30am	Body Pump	Functional Circuit	Body Pump	Functional Circuit	CENTRE CLOSED		
9.00am						Functional Circuit	Body Combat
9.30am	Functional Circuit			Zumba			
10.30am						Body Step	Body Pump
11.00am	Body Pump	Body Balance	Yoga	Body Balance			
12.00pm						Body Pump	Body Balance
5.00pm	Body Pump	Body Combat	Pilates				
6.30pm	Body Pump	Body Balance					
AQUA / DWR							
6.30am			DWR		CENTRE CLOSED		
9.30am	Aqua						
4.30pm						Aqua	Aqua
6.30pm	Aqua						
SPIN CLASSES							
6.30am		Spin	Spin	Spin	CENTRE CLOSED		
6.30pm	Spin		Spin				

CLASS DESCRIPTIONS

LES MILLS FITNESS CLASSES



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.

GENERAL PROGRAMS

Aqua

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

CP

(Cerebral Palsy Program)

A strength training session for people with cerebral palsy. This program is suitable for people who can use gym equipment with the support of a carer, including upper and/or lower limb movement.

DWR

(Deep Water Running)

A low-impact, running-training inspired workout in the water with the challenge of extra resistance.

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.

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GENERAL PROGRAMS

Living Longer

(Living Longer Living Stronger)

LLLS is a strength training program for older people aged 50 and over which is endorsed by the Council of the Ageing. Sessions involve weight training, stretch and core work.

Please note - medical clearance and an initial assessment is required before you can participate in program.

Pilates

Exercises that build core strength, support lower back and bring flexibility to spine, hips and shoulders.

*Unsuitable during pregnancy.

Qigong

Qigong is an ancient exercise and healing technique that involves meditation, controlled breathing and movement. It is a concept from traditional Chinese culture that means vital energy, breath and spirit.

SMS

(Striving for Maximum Strength)

Our strength training program supporting people with chronic health issues. The program is designed to help you maintain an exercise routine and train independently. Sessions focus on building muscle strength, flexibility and balance.

Spin

Indoor cycling with adjustable resistance for all levels. A fantastic cardio workout.

SwimFit

SwimFit is a swimming fitness program that supports a range of levels, abilities and skills, encompassing all 4 swimming strokes. Under the guidance of a knowledgeable and passionate swim coach you'll be challenged to develop your technique and swimming fitness and empowered to smash your goals.

Yoga

Unites the body, mind and spirit and can help align posture and increase range of movement. It increases flexibility and balance, and helps with relaxation.

Zumba

Join the party! A mix of low and high intensity dance moves for an interval fitness party.

TIME	M 28/12	T 29/12	W 30/12	T 31/12	F 01/01	S 02/01	S 03/01
GENERAL PROGRAMS							
6.30am		Functional Circuit	Body Pump	Functional Circuit	CENTRE CLOSED		
9.00am						Functional Circuit	Body Combat
9.30am	Functional Circuit			Zumba			
10.30am						Body Step	Body Pump
11.00am	Body Pump	Body Balance	Yoga	Body Balance			
12.00pm						Body Pump	Body Balance
5.00pm	Body Pump	Body Combat	Pilates				
6.30pm		Body Balance					
AQUA / DWR							
6.30am			DWR		CENTRE CLOSED		
9.30am	Aqua						
4.30pm						Aqua	Aqua
SPIN CLASSES							
6.30am		Spin	Spin		CENTRE CLOSED		
6.30pm			Spin				

COLLINGWOOD LEISURE CENTRE

TIME	M 04/01	T 05/01	W 06/01	T 07/01	F 08/01	S 09/01	S 10/01
GENERAL PROGRAMS							
6.30am	Body Pump	Functional Circuit	Body Pump	Functional Circuit	Body Step		
9.00am						Functional Circuit	Body Combat
9.30am	Functional Circuit			Zumba	Body Pump		
10.30am						Body Step	Body Pump
11.00am	Body Pump	Body Balance	Yoga	Body Balance	Yoga		
12.00pm						Body Pump	Body Balance
5.00pm	Body Pump	Body Combat	Pilates				
6.30pm	Body Pump	Body Balance		Body Step			
AQUA / DWR							
6.30am			DWR				
9.30am	Aqua						
4.30pm						Aqua	Aqua
6.30pm	Aqua						
SPIN CLASSES							
6.30am		Spin	Spin				
6.30pm	Spin		Spin				

IMPORTANT INFORMATION

- You must maintain 1.5 metres distance between other patrons and staff at all times.
- You must wear a face mask. The only time you can remove your face mask is when doing strenuous exercise, unless you have a lawful reason not to.
- Practise good hygiene before, during and after your session.
- Yoga, Pilates and Body Balance:** We are unable to provide equipment for these classes so please bring your own mat and equipment.
- Body Pump:** We will be providing equipment and you must wipe it down before and after your class with sanitiser wipes provided.
- SwimFit:** We are unable to provide equipment for these classes. You can bring your own kickboard and pull buoy to the session however it is not required.
- Advise instructors before class begins of existing injuries/ conditions or pregnancy.
- If leaving before class finishes, leave your equipment to be put away by the instructor to avoid disturbing others.
- You must bring a sweat towel and use where possible.
- You must follow the advice and instruction of staff at all times.
- Bookings only via our customer portal, no walk-ins.

COLLINGWOOD LEISURE CENTRE

Cnr Turnbull and Hoddle St,
Clifton Hill

FITZROY SWIMMING POOL

Alexandra Parade,
Fitzroy

RICHMOND RECREATION CENTRE

Gleadell St,
Richmond

For further information, call us on
9205 5522 or visit yarraleisure.com.au



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