

GROUP EXERCISE TIMETABLE

FITZROY SWIMMING POOL

21 DECEMBER 2020 - 10 JANUARY 2021



INVOLVE CONNECT ENJOY



FITZROY SWIMMING POOL

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		Yoga		Body Pump	CENTRE CLOSED		
9.00am						Body Balance	Yoga
9.30am	Body Pump	Pilates	Body Pump				
11.00am	Yoga	Yoga	Pilates	Yoga			
12.00pm						Yoga	Body Balance
4.30pm						Body Balance	
5.00pm	Yoga	Body Balance					
6.30pm	Body Pump		Yoga				
SWIMFIT							
6.15am		SwimFit			CENTRE CLOSED		
10.30am				SwimFit			
6.00pm		SwimFit					

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.

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.

FITZROY SWIMMING POOL

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		Yoga		Body Pump	CENTRE CLOSED			
9.00am						Body Balance	Yoga	
9.30am	Body Pump		Body Pump					
11.00am	Yoga	Yoga		Yoga				
12.00pm						Yoga	Body Balance	
4.30pm						Body Balance		
5.00pm	Yoga	Body Balance						
6.30pm			Yoga					
SWIMFIT								
6.15am		SwimFit				CENTRE CLOSED		
7.15am					SwimFit			
10.30am				SwimFit				
6.00pm		SwimFit						

FITZROY SWIMMING POOL

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		Yoga		Body Pump			
9.00am						Body Balance	Yoga
9.30am	Body Pump		Body Pump		Body Balance		
11.00am	Yoga	Yoga		Yoga	Pilates		
12.00pm						Yoga	Body Balance
4.30pm						Body Balance	
5.00pm	Yoga	Body Balance		Body Balance	Body Pump		
6.30pm	Body Pump		Yoga	Yoga			
SWIMFIT							
6.15am		SwimFit			SwimFit		
7.15am						SwimFit	
10.30am				SwimFit			
6.00pm		SwimFit		SwimFit			

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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