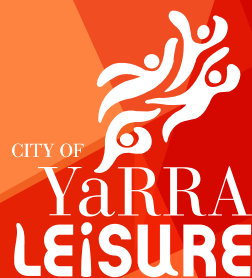


GROUP EXERCISE TIMETABLE



RICHMOND RECREATION CENTRE

INVOLVE CONNECT ENJOY

21 DECEMBER 2020 - 10 JANUARY 2021

**RICHMOND
RECREATION CENTRE**



RICHMOND RECREATION 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	Yoga	Functional Circuit		CENTRE CLOSED		
9.30am		Functional Circuit	Body Balance				
10.30am						Yoga	
12.00pm						Body Balance	Zumba
6.30pm	Functional Circuit						
COMMUNITY PROGRAMS (All sessions are held in The Studio)							
6.15am	Living Longer		Living Longer		CENTRE CLOSED		
7.45am	Living Longer		Living Longer				
9.15am	Living Longer		Living Longer				
10.45am	SMS		SMS				
1.45pm	CP						
AQUA / DWR / SWIMFIT							
6.15am	SwimFit		SwimFit	SwimFit	CENTRE CLOSED		
9.30am		Aqua					
11.00am			Aqua	Aqua			
5.00pm		DWR					
6.00pm	SwimFit		SwimFit				
SPIN CLASSES							
6.30am	Spin	Spin	Spin	Spin	CENTRE CLOSED		

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.

RICHMOND RECREATION CENTRE

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		CENTRE CLOSED		
9.00am						Body Step	
9.30am		Functional Circuit	Body Balance				
12.00pm						Body Balance	Zumba
COMMUNITY PROGRAMS (All sessions are held in The Studio)							
6.15am			Living Longer		CENTRE CLOSED		
7.45am			Living Longer				
9.15am			Living Longer				
10.45am			SMS				
1.45pm			CP				
AQUA / DWR/ SWIMFIT							
6.15am			SwimFit	SwimFit	CENTRE CLOSED		
9.30am		Aqua					
11.00am			Aqua	Aqua			
5.00pm		DWR					
6.00pm			SwimFit				
SPIN CLASSES							
6.30am		Spin	Spin	Spin	CENTRE CLOSED		

RICHMOND RECREATION 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	Yoga	Functional Circuit		Functional Circuit		
9.00am						Body Step	
9.30am		Functional Circuit	Body Balance		Pilates		
10.30am						Yoga	
11.00am				Yoga	Body Balance		
12.00pm						Body Balance	Zumba
5.00pm				Body Pump			
6.30pm	Functional Circuit			Functional Circuit			
COMMUNITY PROGRAMS (All sessions are held in The Studio)							
6.15am	Living Longer		Living Longer		Living Longer		
7.45am	Living Longer		Living Longer		Living Longer		
9.15am	Living Longer		Living Longer		Living Longer		
10.45am	SMS		SMS		SMS		
1.45pm	CP		CP		CP		
AQUA / DWR/ SWIMFIT							
6.15am	SwimFit		SwimFit	SwimFit			
9.30am		Aqua					
11.00am			Aqua	Aqua			
5.00pm		DWR					
6.00pm	SwimFit		SwimFit		SwimFit		
SPIN CLASSES							
6.30am	Spin	Spin		Spin			
6.30pm				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