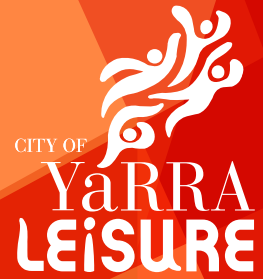


GROUP EXERCISE TIMETABLE

EFFECTIVE 1 FEBRUARY 2021



INVOLVE CONNECT ENJOY



SMALL GROUP TRAINING RETURNS!



NEW HIIT 45 SESSIONS



VIRTUAL GROUP EXERCISE AND SPIN SESSIONS



SWIMFIT SESSIONS NOW AVAILABLE AT ALL CENTRES

RICHMOND RECREATION CENTRE

TIME	M	T	W	T	F	S	S
GENERAL PROGRAMS (Sessions marked * are held in The Studio.)							
6.10am	Body Pump	HIIT 45	Body Step	HIIT 45	HIIT 45		
7.30am	Body Combat Virtual 30	Zumba Virtual 30	Body Pump Virtual 30	Body Combat Virtual 30	Body Pump Virtual 30		
8.15am						HIIT 45*	
9.15am		Body Pump	Zumba		Pilates	HIIT 45*	
10.30am		Yoga	Body Balance	Yoga	Zumba	Body Pump	
12.15pm	HIIT 45*	HIIT 45*	HIIT 45*	HIIT 45*	HIIT 45*	Body Balance	Zumba
4.30pm	Body Balance Virtual 30	Body Pump Virtual 30	Body Balance Virtual 30	Body Combat Virtual 30	Sh'Bam Virtual 30		
5.30pm	Body Pump HIIT 45*	Body Balance HIIT 45*	Body Combat HIIT 45*	Body Pump HIIT 45*	Body Combat Virtual 30		
6.30pm	HIIT 45*	HIIT 45*	HIIT 45*				
6.45pm			Body Pump				
8.00pm	Body Combat Virtual 30	Body Pump Virtual 30	Body Balance Virtual 30	Body Combat Virtual 30			
AQUA / DWR / SWIMFIT							
6.15am	SwimFit		SwimFit	SwimFit			
7.15am	SwimFit Pace		SwimFit Pace				
9.15am		Aqua	Aqua	Aqua	Aqua		
10.30am		Aqua		Aqua			
12.30pm		SwimFit Express		SwimFit Express			
5.30pm		DWR					
6.00pm	SwimFit		SwimFit		SwimFit		
SPIN CLASSES							
6.10am	Spin	Spin	Spin	Spin	Spin		
7.30am	Spin Virtual 30	Spin Virtual 30	Spin Virtual 30	Spin Virtual 30	Spin Virtual 30	Spin Virtual 45	Spin Virtual 45
9.30am	Spin Virtual 45	Spin Virtual 45	Spin Virtual 45	Spin Virtual 45	Spin Virtual 45	Spin Virtual 45	Spin Virtual 45
5.00pm	Spin Virtual 45	Spin Virtual 45	Spin Virtual 45	Spin Virtual 45	Spin Virtual 45		
6.45pm	Spin	Spin		Spin			
SMALL GROUP TRAINING (Exclusive to members)							
7.15am		HIIT		HIIT			
8.15am	HIIT	X-Press	HIIT	X-Press	HIIT		
4.00pm						Core	
5.15pm					HIIT		X-Press
7.30pm				HIIT			
COMMUNITY PROGRAMS (All sessions are held in The Studio)							
6.00am	Living Longer	Living Longer	Living Longer	Living Longer	Living Longer		
7.00am	Living Longer	Living Longer	Living Longer	Living Longer	Living Longer		
8.00am	Living Longer	Living Longer	Living Longer	Living Longer	Living Longer		
9.00am	Living Longer	Living Longer	Living Longer	Living Longer	Living Longer		
10.00am	Living Longer	Living Longer	Living Longer	Living Longer	Living Longer		
11.00am	SMS	SMS	SMS	SMS	SMS		
1.15pm	CP	CP	CP	CP	CP		

CLASS DESCRIPTIONS

LES MILLS FITNESS CLASSES

LES MILLS **BODYBALANCE**

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

LES MILLS **BODYCOMBAT**

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.

LES MILLS **BODYPUMP**

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

LES MILLS **BODYSTEP**

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

LES MILLS **SH'BAM**

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required.

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.

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.

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.

COLLINGWOOD LEISURE CENTRE

GENERAL PROGRAMS

DWR

(Deep Water Running)

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

HIIT 45

A high intensity class combining the use of both body weight exercises and the latest in functional training equipment to get you feeling fit, strong and energised.

Living Longer

(Living Longer Living Stronger)

Living Longer is a strength training program for 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.

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.

Virtual classes powered by ICG - Myride® Studio Coach and Myride® Tour Coach.

SwimFit

For the independent swimmer who wants to dive straight in and go for it. This session is perfect for confident swimmers who are looking for a challenge in a social and inclusive environment.

SwimFit Pace

Perfect for swimmers looking to focus on developing their stroke or are new to group swim sessions.

SwimFit Express

For all SwimFit and SwimFit Pace swimmers. A shorter 45 minute session, but still a great workout during your lunch break!

SwimFit+

For all SwimFit and SwimFit Pace swimmers. A 90 minute session perfect to build your endurance, technique and work harder for longer!

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	T	W	T	F	S	S
GENERAL PROGRAMS							
6.10am	Body Pump	HIIT 45	Body Combat	HIIT 45	Body Step		
7.30am	Body Combat Virtual 30	Sh'Bam Virtual 30	Body Pump Virtual 30	Body Combat Virtual 30	Zumba Virtual 30		
9.15am			Body Balance		Yoga		
10.30am	Body Balance		Yoga		Yoga	Body Step	Body Pump
12.15pm		Zumba		Zumba		Body Pump	Body Balance
4.30pm	Body Balance Virtual 30	Body Pump Virtual 30	Zumba Virtual 30	Body Balance Virtual 30	Body Combat Virtual 30		
5.30pm	Body Pump	Body Combat			Body Balance Virtual 30		
6.45pm	Body Pump	Body Pump	Body Balance	Body Step	Body Pump Virtual 30		
8.00pm	Sh'Bam Virtual 30	Body Balance Virtual 30	Body Combat Virtual 30	Body Pump Virtual 30			
AQUA / DWR / SWIMFIT							
6.10am			DWR				
6.15am				SwimFit Pace			
8.15am	Aqua						
9.15am	Aqua	Aqua	Aqua	Aqua			
4.30pm						Aqua	Aqua
6.00pm		SwimFit Pace		SwimFit Pace			
6.45pm	Aqua						
SPIN CLASSES							
6.10am		Spin	Spin		Spin		
7.30am	Spin Virtual 30	Spin Virtual 30	Spin Virtual 30	Spin Virtual 30	Spin Virtual 30	Spin Virtual 45	Spin Virtual 45
9.30am	Spin Virtual 45	Spin Virtual 45	Spin Virtual 45	Spin Virtual 45	Spin Virtual 45	Spin Virtual 45	Spin Virtual 45
5.00pm	Spin Virtual 45	Spin Virtual 45	Spin Virtual 45	Spin Virtual 45	Spin Virtual 45		
6.45pm	Spin		Spin				
SMALL GROUP TRAINING (Exclusive to members)							
7.15am		Strength		Core		Core	HIIT
9.15am	HIIT	Core	HIIT	X-Press	Strength		
10.30am						X-Press	Core
12.30pm	HIIT	Core	HIIT	Core	HIIT		
4.30pm						HIIT	Core
5.00pm	X-Press		HIIT		HIIT		
7.15pm	X-Press		Core				
COMMUNITY PROGRAMS							
8.00am	Living Longer		Living Longer		Living Longer		
11.00am	Living Longer		Living Longer		Living Longer		
1.15pm		SMS		SMS			

FITZROY SWIMMING POOL

TIME	M	T	W	T	F	S	S
GENERAL PROGRAMS							
6.10am				Body Pump			
9.15am		Body Balance	Body Pump	Pilates	Body Balance	Body Balance	Yoga
10.30am	Yoga	Pilates					
12.15pm						Yoga	Body Balance
5.30pm				Body Balance			
6.45pm	Body Balance	Yoga	Yoga	Yoga			
SWIMFIT							
6.15am	SwimFit	SwimFit	SwimFit		SwimFit		
7.15am		SwimFit Pace			SwimFit Pace	SwimFit+	
9.30am		SwimFit		SwimFit			
12.30pm	SwimFit Express		SwimFit Express				
6.00pm	SwimFit	SwimFit	SwimFit	SwimFit			
SMALL GROUP TRAINING (Exclusive to members)							
6.15am	Strength	HIIT	Core	Strength	HIIT		
9.15am						HIIT	Core
10.00am	Strength	X-Press	HIIT	X-Press	Strength	HIIT	Core
12.15pm						X-Press	HIIT
12.30pm	X-Press	HIIT	Strength	HIIT	Core		
4.30pm						X-Press	Strength
5.15pm	HIIT	Strength	Core	X-Press	HIIT		
6.30pm	HIIT	X-Press	HIIT	X-Press	Strength		

IMPORTANT INFORMATION

- **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.
- For all virtual classes please arrive 5 minutes early to allow for setup.
- 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.
- Practise good hygiene before, during and after your session.
- You must follow the advice and instruction of staff at all times.
- All our venues have an approved COVIDSafe plan in line with Victorian Government restrictions and our staff are well trained in COVIDSafe principles. For the most up to date information visit our Road to Reopen hub online at: leisure.yarracity.vic.gov.au/road-to-reopen

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



INVOLVE CONNECT ENJOY