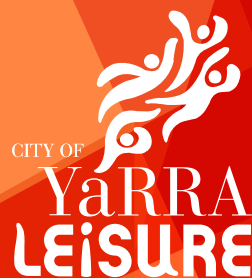


GROUP EXERCISE TIMETABLE

EFFECTIVE 6 JANUARY 2020



INVOLVE CONNECT ENJOY

NEW AND IMPROVED TIMETABLE!

More Functional Circuit classes
Streamlined timeslots
Introducing Qigong



RICHMOND RECREATION CENTRE

TIME	M	T	W	T	F	S	S
GENERAL PROGRAMS (Sessions marked * are held in The Studio.)							
6.15am	Functional Circuit	Body Pump (45 min)	Yoga 1 (45 min)	Body Pump (45 min)	Functional Circuit		
		Circuit HIIT*		Circuit HIIT*			
7.00am		Circuit HIIT*		Circuit HIIT*			
8.00am	Yin Yoga		Zumba Gold		Qigong	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	Qigong	Pilates 1	Yoga 1	Body Balance	Body Attack (45 min)	
11.30am							Yoga 1
12.15pm	Circuit HIIT*	Yoga 1	Yoga 1	Circuit HIIT*	Zumba		
		Circuit HIIT*	Circuit HIIT*		Circuit HIIT*		
4.30pm						Body Balance	Zumba
5.30pm	Body Step	Functional Circuit	Body Combat	Body Pump			
6.30pm	Body Pump	Body Pump	Body Balance	Body Attack (45 min)			
7.30pm	Yoga 1	Body Balance	Body Pump	Yin Yoga			
		Boxing Circuit*		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							
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		SPIN		
8.00am		SPIN		SPIN			
8.30am						SPIN	
9.30am		SPIN			SPIN		
10.30am							SPIN
6.00pm	SPIN	SPIN	SPIN	SPIN			
7.00pm		SPIN					

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.

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.

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.

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							
6.10am	Body Pump (45 min)	Body Attack (45 min)	Pump/Core (45 min)	Body Step (45 min)	Pump/Step (45 min)		
8.15am						Pilates 1	Yoga 1 & 2
9.15am	Functional Circuit	Body Pump	Body Step	Zumba	Body Pump		
9.30am						Functional Circuit	Body Combat
10.30am	Body Pump	Body Balance	Yoga 1	Body Balance	Yoga 1 & 2	Body Step (75 min)	Body Pump
11.45am						Body Pump	Pilates 1
12.15pm		Zumba	Zumba Gold	Functional Circuit			
4.30pm						Body Pump	Body Balance
5.30pm	Body Pump	Functional Circuit	Body Attack	Functional Circuit			
6.30pm	Functional Circuit	Body Combat	Body Pump	Body Step			
7.30pm	Yoga 1	Body Balance	Yin Yoga	Body Pump (45 min)			
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	Core	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)				
8.15am	Aqua (3)	Aqua (4)		Aqua (4)		Aqua (4)	Aqua (3)
9.15am	Aqua (5)	Aqua (4)	Aqua (5)	Aqua (4)	Aqua (5)		
4.30pm						Aqua (3)	Aqua (3)
7.00pm				DWR (3)			
7.30pm	Aqua (3)		Aqua (3)				
SPIN CLASSES							
6.10am	SPIN	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	SPIN	Virtual RPM	Virtual RPM	SPIN	Virtual RPM	SPIN	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
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		SPIN	SPIN	Virtual RPM		
7.30pm		Virtual RPM		Virtual RPM			
8.00pm	Virtual RPM		Virtual RPM				

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)			
8.10am						Yoga 2 (90 min)	Pilates 1
8.15am				Yoga 1			
9.15am	Body Pump		Body Pump				
9.30am		Pilates 1 & 2		Pilates 1	Body Balance		Yoga 2 & 3 (90 min)
9.45am						Body Balance	
10.30am	Yoga 1 & 2	Yoga 1			Pilates 1		
11.00am						Yoga 1 & 2 (90 min)	Yin Yoga
4.30pm						Yoga 1	Yoga 1
5.30pm	Yoga 1 & 2	Body Balance	Pilates 1	Functional Circuit	Body Pump		
6.30pm	Body Pump	Pilates 1	Yoga 1	Yoga 1			
7.30pm	Functional Circuit	Yoga 2 & 3 (90 min)	Yin Yoga	Yoga 2			
SMALL GROUP TRAINING (Exclusive to members)							
6.10am	Strength		Core	Strength	Core		
7.00am		Strength		Pavi			
8.00am	Core		Strength		X-Press		
8.15am				X-Press		X-Press	
9.15am	Strength	X-Press	HIIT	Strength	HIIT	Core	X-Press
10.00am		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				

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.

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



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