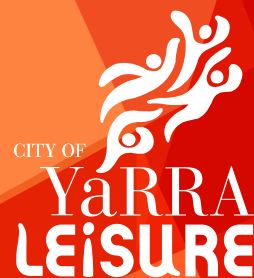


# GROUP EXERCISE TIMETABLE

COLLINGWOOD LEISURE CENTRE

17 DECEMBER 2018 - 6 JANUARY 2019



INVOLVE CONNECT ENJOY

COLLINGWOOD  
LEISURE CENTRE



# COLLINGWOOD LEISURE CENTRE

| TIME                    | M<br>17/12         | T<br>18/12           | W<br>19/12             | T<br>20/12         | F<br>21/12         | S<br>22/12         | S<br>23/12   |
|-------------------------|--------------------|----------------------|------------------------|--------------------|--------------------|--------------------|--------------|
| <b>GENERAL PROGRAMS</b> |                    |                      |                        |                    |                    |                    |              |
| 6.10am                  | Body Pump (45 min) | Body Attack (45 min) | Pump/FT Torso (45 min) | Body Step (45 min) | Pump/Step (45 min) |                    |              |
| 8.15am                  |                    |                      |                        |                    |                    | Pilates 1          |              |
| 9.15am                  | FT Circuit         | Body Pump            | Body Step              | Zumba              | Body Pump          | FT Circuit         | Body Combat  |
| 10.15am                 |                    |                      |                        |                    |                    | Body Step (75 min) |              |
| 10.30am                 | Body Pump          | Body Balance         | Yoga 1                 | Body Balance       | Yoga 1             |                    | Body Pump    |
| 11.45am                 |                    |                      |                        |                    |                    | Body Pump          |              |
| 4.30pm                  |                    |                      |                        |                    |                    | Body Pump          | Body Balance |
| 5.30pm                  | Body Pump          | Body Step            | Body Attack            | FT Torso           |                    |                    |              |
| 6.30pm                  | Body Attack        | Body Combat          | Body Pump              | Body Step          |                    |                    |              |
| 7.30pm                  | Yoga 1             | Body Pump            | Body Balance           | Body Pump          |                    |                    |              |

| <b>SMALL GROUP TRAINING (Exclusive to members)</b> |          |          |          |          |         |      |      |
|--|----------|----------|----------|----------|---------|------|------|
| 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 | HIIT     | Core    |      |      |
| 5.00pm   | HIIT     |          | Pavi     |          |         |      |      |
| 6.00pm   |          | Strength |          | Core     |         |      |      |
| 7.00pm   | Pavi     |          | HIIT     |          |         |      |      |
| 8.00pm   |          | X-Press  |          | Strength |         |      |      |

| <b>AQUA (Numbers refer to the number of allocated lanes)</b> |          |          |          |          |          |  |  |
|--|----------|----------|----------|----------|----------|--|--|
| 6.15am   |          |          | DWR (3)  |          |          |  |  |
| 7.30am   | Aqua (3) |          |          |          |          |  |  |
| 8.15am   |          |          |          |          |          |  |  |
| 9.15am   | Aqua (5) | Aqua (4) | Aqua (5) | Aqua (4) | Aqua (5) |  |  |
| 4.30pm   |          |          |          |          |          |  |  |
| 7.00pm   |          |          |          | DWR (3)  |          |  |  |
| 7.30pm   | Aqua (3) |          | Aqua (3) |          |          |  |  |

| <b>SPIN CLASSES</b> |             |             |             |             |             |             |             |
|---------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 6.10am              | Virtual RPM | 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              | Virtual RPM | Virtual RPM | Virtual RPM | SPIN        | Virtual RPM | SPIN        | Virtual RPM |
| 10.30am             | SPIN        | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | Virtual RPM | 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 |
| 3.00pm              | 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        |             | Virtual RPM | SPIN        | Virtual RPM |             |             |
| 7.00pm              | Virtual RPM |             | Virtual RPM |             |             |             |             |
| 7.30pm              |             | Virtual RPM |             | Virtual RPM |             |             |             |
| 8.00pm              | Virtual RPM |             | Virtual RPM |             |             |             |             |

# 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.

**COLLINGWOOD POOL CLOSED**

## 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.

### DWR

A low-impact, running-training inspired workout in the water with the challenge of extra resistance. Class runs for 45 minutes.

### FT (Functional Training) Circuit

A circuit class designed to get you fitter, stronger and leaner by combining high intensity strength and cardio efforts using the latest functional training equipment. Suitable for all fitness levels. Class runs for 45 minutes.

### FT (Functional Training) Torso

This class will get your core firing while improving overall strength and posture using a combination of equipment and bodyweight training. Suitable for all fitness levels. 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.

### 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

Join the party! A mix of low and high intensity dance moves for an interval fitness party. Class runs for 55 minutes.

## COLLINGWOOD LEISURE CENTRE

| TIME   | M<br>24/12         | T<br>25/12    | W<br>26/12  | T<br>27/12         | F<br>28/12         | S<br>29/12         | S<br>30/12   |
|--|--------------------|---------------|-------------|--------------------|--------------------|--------------------|--------------|
| <b>GENERAL PROGRAMS</b>                                      |                    |               |             |                    |                    |                    |              |
| 6.10am   | Body Pump (45 min) | CENTRE CLOSED |             | Body Step (45 min) | Pump/Step (45 min) |                    |              |
| 8.15am   |                    |               |             |                    |                    | Pilates 1          |              |
| 9.15am   | FT Circuit         |               | Body Step   | Zumba              | Body Pump          | FT Circuit         | Body Combat  |
| 10.15am  |                    |               |             |                    |                    | Body Step (75 min) |              |
| 10.30am  | Body Pump          |               | Yoga 1      | Body Balance       | Yoga 1             |                    | Body Pump    |
| 11.45am  |                    |               |             |                    |                    | Body Pump          |              |
| 4.30pm   |                    |               |             |                    |                    | Body Pump          | Body Balance |
| 5.30pm   |                    |               |             |                    | FT Torso           |                    |              |
| 6.30pm   |                    |               |             |                    | Body Step          |                    |              |
| 7.30pm   |                    |               |             |                    | Body Pump          |                    |              |
| <b>SMALL GROUP TRAINING</b> (Exclusive to members)           |                    |               |             |                    |                    |                    |              |
| 6.10am   | HIIT               | CENTRE CLOSED |             | Pavi               | X-Press            |                    |              |
| 7.00am   |                    |               |             | Core               |                    |                    |              |
| 8.30am   |                    |               |             |                    |                    | HIIT               | Pavi         |
| 9.15am   | Strength           |               | Pavi        | X-Press            | HIIT               |                    |              |
| 10.30am  |                    |               | HIIT        |                    | X-Press            | Pavi               | Core         |
| 12.30pm  | X-Press            |               | Strength    | HIIT               | Core               |                    |              |
| 5.00pm   |                    |               | Pavi        |                    |                    |                    |              |
| 6.00pm   |                    |               |             | Core               |                    |                    |              |
| 7.00pm   |                    |               |             |                    |                    |                    |              |
| 8.00pm   |                    |               |             | Strength           |                    |                    |              |
| <b>AQUA</b> (Numbers refer to the number of allocated lanes) |                    |               |             |                    |                    |                    |              |
| <b>COLLINGWOOD POOL CLOSED</b>                               |                    |               |             |                    |                    |                    |              |
| <b>SPIN CLASSES</b>  |                    |               |             |                    |                    |                    |              |
| 6.10am   | Virtual RPM        | CENTRE CLOSED |             | SPIN               | SPIN               |                    |              |
| 7.30am   | Virtual RPM        |               |             | Virtual RPM        | Virtual RPM        |                    |              |
| 8.30am   | Virtual RPM        |               | Virtual RPM | Virtual RPM        | Virtual RPM        | SPIN               | SPIN         |
| 9.30am   | Virtual RPM        |               | Virtual RPM | SPIN               | Virtual RPM        | SPIN               | Virtual RPM  |
| 10.30am  | SPIN               |               | Virtual RPM | Virtual RPM        | Virtual RPM        | Virtual RPM        | Virtual RPM  |
| 12.00pm  | 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  |
| 2.00pm   | Virtual RPM        |               | Virtual RPM | Virtual RPM        | Virtual RPM        | Virtual RPM        | Virtual RPM  |
| 3.00pm   | 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  |
| 5.00pm   | Virtual RPM        |               | Virtual RPM | Virtual RPM        | Virtual RPM        | Virtual RPM        | Virtual RPM  |
| 6.00pm   |                    |               |             | SPIN               | Virtual RPM        |                    |              |
| 7.00pm   |                    |               |             |                    |                    |                    |              |
| 7.30pm   |                    |               |             | Virtual RPM        |                    |                    |              |
| 8.00pm   |                    |               |             |                    |                    |                    |              |

# COLLINGWOOD LEISURE CENTRE

| TIME   | M<br>31/12         | T<br>01/01  | W<br>02/01             | T<br>03/01         | F<br>04/01         | S<br>05/01         | S<br>06/01   |
|--|--------------------|-------------|------------------------|--------------------|--------------------|--------------------|--------------|
| <b>GENERAL PROGRAMS</b>                                      |                    |             |                        |                    |                    |                    |              |
| 6.10am   | Body Pump (45 min) |             | Pump/FT Torso (45 min) | Body Step (45 min) | Pump/Step (45 min) |                    |              |
| 8.15am   |                    |             |                        |                    |                    | Pilates 1          |              |
| 9.15am   | Circuit            |             | Body Step              | Zumba              | Body Pump          | FT Circuit         | Body Combat  |
| 10.15am  |                    |             |                        |                    |                    | Body Step (75 min) |              |
| 10.30am  | Body Pump          |             | Yoga 1                 | Body Balance       | Yoga 1             |                    | Body Pump    |
| 11.45am  |                    |             |                        |                    |                    | Body Pump          |              |
| 4.30pm   |                    |             |                        |                    |                    | Body Pump          | Body Balance |
| 5.30pm   |                    |             | Body Attack            | FT Torso           |                    |                    |              |
| 6.30pm   |                    |             | Body Pump              | Body Step          |                    |                    |              |
| 7.30pm   |                    |             | Body Balance           | Body Pump          |                    |                    |              |
| <b>SMALL GROUP TRAINING [Exclusive to members]</b>           |                    |             |                        |                    |                    |                    |              |
| 6.10am   | HIIT               |             | HIIT                   | Pavi               | X-Press            |                    |              |
| 7.00am   |                    |             |                        | Core               |                    |                    |              |
| 8.30am   |                    |             |                        |                    |                    | HIIT               | Pavi         |
| 9.15am   | Strength           |             | Pavi                   | X-Press            | HIIT               |                    |              |
| 10.30am  |                    |             | HIIT                   |                    | X-Press            | Pavi               | Core         |
| 12.30pm  | X-Press            | Pavi        | Strength               | HIIT               | Core               |                    |              |
| 5.00pm   |                    |             | Pavi                   |                    |                    |                    |              |
| 6.00pm   |                    |             |                        | Core               |                    |                    |              |
| 7.00pm   |                    |             | HIIT                   |                    |                    |                    |              |
| 8.00pm   |                    |             |                        | Strength           |                    |                    |              |
| <b>AQUA (Numbers refer to the number of allocated lanes)</b> |                    |             |                        |                    |                    |                    |              |
| <b>COLLINGWOOD POOL CLOSED</b>                               |                    |             |                        |                    |                    |                    |              |
| <b>SPIN CLASSES</b>  |                    |             |                        |                    |                    |                    |              |
| 6.10am   | Virtual RPM        |             | SPIN                   | SPIN               | SPIN               |                    |              |
| 7.30am   | Virtual RPM        |             | Virtual RPM            | Virtual RPM        | Virtual RPM        |                    |              |
| 8.30am   | Virtual RPM        |             | Virtual RPM            | Virtual RPM        | Virtual RPM        | SPIN               | SPIN         |
| 9.30am   | Virtual RPM        |             | Virtual RPM            | SPIN               | Virtual RPM        | SPIN               | Virtual RPM  |
| 10.30am  | SPIN               |             | Virtual RPM            | Virtual RPM        | Virtual RPM        | Virtual RPM        | 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  |
| 3.00pm   | 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   |                    |             | Virtual RPM            | SPIN               | Virtual RPM        |                    |              |
| 7.00pm   |                    |             | Virtual RPM            |                    |                    |                    |              |
| 7.30pm   |                    |             |                        | Virtual RPM        |                    |                    |              |
| 8.00pm   |                    |             | Virtual RPM            |                    |                    |                    |              |

## COLLINGWOOD LEISURE CENTRE

Cnr Turnbull and Hoddle Sts, Clifton Hill  
9205 5522

## FITZROY SWIMMING POOL

Alexandra Parade, Fitzroy  
9205 5180

## RICHMOND RECREATION CENTRE

Gleadell St, Richmond  
9205 5032

# MODIFIED OPENING HOURS

## Christmas Eve - Monday 24 December

Collingwood Leisure Centre:  
6am - 6pm

Fitzroy Swimming Pool:  
6am - 6pm

Richmond Recreation Centre:  
5.30am - 6pm

## Christmas Day - Tuesday 25 December

All facilities closed

## Boxing Day - Wednesday 26 December

Collingwood Leisure Centre:  
8am - 6pm

Fitzroy Swimming Pool:  
8am - 8pm\*^

Richmond Recreation Centre:  
8am - 6pm

## New Year's Eve - Monday 31 December

Collingwood Leisure Centre:  
6am - 6pm

Fitzroy Swimming Pool:  
6am - 6pm

Richmond Recreation Centre:  
5.30am - 6pm

## New Year's Day - Tuesday 1 January 2019

Collingwood Leisure Centre:  
12pm - 6pm

Fitzroy Swimming Pool:  
12pm - 8pm\*^

Richmond Recreation Centre:  
12pm - 6pm

\*Fitzroy's gym closes at 6pm on these days.

^When the temperature forecast is 30 degrees or over, the aquatic area at Fitzroy Swimming Pool will remain open a further hour on top of the scheduled closing time. This only applies to the aquatic area.