

GROUP EXERCISE TIMETABLE

FITZROY SWIMMING POOL

17 DECEMBER 2018 - 6 JANUARY 2019



INVOLVE CONNECT ENJOY

FITZROY
SWIMMING POOL



FITZROY SWIMMING POOL

TIME	M 17/12	T 18/12	W 19/12	T 20/12	F 21/12	S 22/12	S 23/12
GENERAL PROGRAMS							
6.15am		Body Pump (45 min)		Body Pump (45 min)			
8.10am						Yoga 2 (90 min)	Yoga 2
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
12.15pm							Yoga 1
4.30pm						Yoga 1	Yoga 1
5.30pm	Yoga 1 & 2	Body Balance	Pilates 1	FT Torso	Body Pump		
6.30pm	Body Pump	Pilates 1	Yoga 1	Yoga 1 & 2 (90 min)			
7.30pm	FT Torso	Yoga 2 & 3 (90 min)	Yin Yoga				

SMALL GROUP TRAINING (Exclusive to members)

6.10am	HIIT		HIIT	Strength	Core		
7.00am		Strength		Pavi			
8.00am	Core		Strength		X-Press		
8.15am						X-Press	
9.15am	Strength	X-Press	HIIT	Strength	HIIT	Core	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				

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.

LES MILLS RPM VIRTUAL

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.

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.

FITZROY SWIMMING POOL

TIME	M 24/12	T 25/12	W 26/12	T 27/12	F 28/12	S 29/12	S 30/12	
GENERAL PROGRAMS								
6.15am		CENTRE CLOSED		Body Pump (45 min)				
8.10am						Yoga 2 (90 min)	Yoga 2	
8.15am					Yoga 1			
9.15am	Body Pump			Body Pump				
9.30am					Pilates 1	Body Balance		Yoga 2 & 3 (90 min)
9.45am							Body Balance	
10.30am	Yoga 1 & 2					Pilates 1		
11.00am							Yoga 1 & 2 (90 min)	Yin Yoga
12.15pm								Yoga 1
4.30pm							Yoga 1	Yoga 1
5.30pm					FT Torso	Body Pump		
6.30pm					Yoga 1 & 2 (90 min)			
7.30pm								

SMALL GROUP TRAINING (Exclusive to members)								
6.10am	HIIT	CENTRE CLOSED		Strength	Core			
7.00am				Pavi				
8.00am	Core				X-Press			
8.15am				Strength		X-Press		
9.15am	Strength			HIIT	Strength	HIIT	Core	X-Press
10.30am				Core		X-Press		Core
12.30pm	X-Press			X-Press	HIIT	Core	HIIT	Strength
5.00pm				X-Press		Pavi		
6.00pm					Pavi			
7.00pm								

FITZROY SWIMMING POOL

TIME	M 31/12	T 01/01	W 02/01	T 03/01	F 04/01	S 05/01	S 06/01
GENERAL PROGRAMS							
6.15am				Body Pump (45 min)			
8.10am						Yoga 2 (90 min)	Yoga 2
8.15am				Yoga 1			
9.15am	Body Pump		Body Pump				
9.30am				Pilates 1	Body Balance		Yoga 2 & 3 (90 min)
9.45am						Body Balance	
10.30am	Yoga 1 & 2				Pilates 1		
11.00am						Yoga 1 & 2 (90 min)	Yin Yoga
12.15pm							Yoga 1
4.30pm						Yoga 1	Yoga 1
5.30pm			Pilates 1	FT Torso	Body Pump		
6.30pm			Yoga 1	Yoga 1 & 2 (90 min)			
7.30pm			Yin Yoga				

SMALL GROUP TRAINING [Exclusive to members]

6.10am	HIIT		HIIT	Strength	Core		
7.00am				Pavi			
8.00am	Core		Strength		X-Press		
8.15am						X-Press	
9.15am	Strength		HIIT	Strength	HIIT	Core	X-Press
10.30am			Core		X-Press		Core
12.30pm	X-Press	Pavi	X-Press	HIIT	Core	HIIT	Strength
5.00pm			X-Press		Pavi		
6.00pm				Pavi			
7.00pm			HIIT				

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.

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