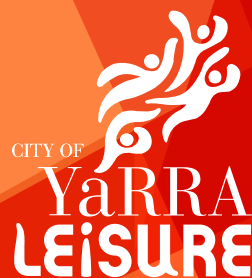


GROUP EXERCISE TIMETABLE



RICHMOND RECREATION CENTRE

INVOLVE CONNECT ENJOY

17 DECEMBER 2018 - 6 JANUARY 2019



RICHMOND RECREATION CENTRE

TIME	M 17/12	T 18/12	W 19/12	T 20/12	F 21/12	S 22/12	S 23/12
GENERAL PROGRAMS (Sessions marked * are held in The Studio.)							
6.15am	FT Circuit	Pump/FT Torso (45 mins) FT Circuit*	Yoga 1 (45 min)	FT Torso FT Circuit*	Body Pump (45 min)		
7.00am		FT Circuit*		FT Circuit*			
8.00am						Circuit*	
8.15am						Body Step	Body Pump
9.00am						Circuit*	
9.15am	Body Pump	Zumba	Body Balance	Body Pump	Pilates 1	Body Pump	
9.30am							Body Balance
10.30am	Yoga 1			Yoga 1	Body Pump	Body Attack	
11.30am							Yoga 1
12.15pm	Circuit*	Circuit*	Yoga 1 Circuit*	Circuit*	Zumba Circuit*		
2.00pm		Yoga 1					
4.30pm						Body Balance	Body Pump
5.30pm	Body Step	Body Attack	Body Combat	Body Pump			
6.30pm	Yoga 1	Body Pump	Body Balance	Body Attack			
7.30pm	Body Pump	Body Balance Boxing Circuit*	Body Pump	Yoga 1 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		HIIT*					
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		
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.

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.

RICHMOND RECREATION CENTRE

TIME	M 24/12	T 25/12	W 26/12	T 27/12	F 28/12	S 29/12	S 30/12	
GENERAL PROGRAMS (Sessions marked * are held in The Studio.)								
6.15am	FT Circuit	CENTRE CLOSED			Body Pump (45 min)			
7.00am				FT Circuit*				
8.00am							Circuit*	
8.15am							Body Step	Body Pump
9.00am							Circuit*	
9.15am	Body Pump			Body Balance	Body Pump	Pilates 1	Body Pump	
9.30am								Body Balance
10.30am	Yoga 1				Yoga 1	Body Pump	Body Attack	
11.30am								Yoga 1
12.15pm	Circuit*				Circuit*	Zumba Circuit*		
2.00pm								
4.30pm							Body Balance	Body Pump
5.30pm					Body Pump			
6.30pm					Body Attack			
7.30pm				Yoga 1				
SMALL GROUP TRAINING (Exclusive to members. Sessions marked * are held in The Studio.)								
6.00am	X-Press	CENTRE CLOSED		X-Press	HIIT			
8.00am	Core			Pavi	HIIT	X-Press		
8.15am				X-Press				
9.15am	Pavi			Core	X-Press	Strength	HIIT	Core
11.30 am							X-Press	Pavi
12:15pm				HIIT				
5.00pm							Core	X-Press
5.15pm				Strength	Core*	HIIT		
6.15pm					HIIT*	X-Press		
7.00pm					Pavi*			
AQUA (Numbers refer to the number of allocated lanes)								
6.15am		CENTRE CLOSED		DWR (1)				
8.15am				Aqua (2)				Aqua (2)
9.30am	Aqua (3)					Aqua (3)		
10.30am	Aqua (2)			Aqua (2)	Aqua (2)	Aqua (2)	Aqua (2)	Aqua (2)
4.30pm							Aqua (2)	Aqua (2)
6.30pm								
SPIN CLASSES								
6.00am	SPIN	CENTRE CLOSED			SPIN			
8.30am							SPIN	
9.30am						SPIN		
10.30am								SPIN
6.00pm					SPIN			
7.00pm								

RICHMOND RECREATION CENTRE

TIME	M 31/12	T 01/01	W 02/01	T 03/01	F 04/01	S 05/01	S 06/01
GENERAL PROGRAMS (Sessions marked * are held in The Studio.)							
6.15am	FT Circuit		Yoga 1 (45 min)	FT Torso FT Circuit*	Body Pump (45 min)		
7.00am				FT Circuit*			
8.00am						Circuit*	
8.15am						Body Step	Body Pump
9.00am						Circuit*	
9.15am	Body Pump		Body Balance	Body Pump	Pilates 1	Body Pump	
9.30am							Body Balance
10.30am	Yoga 1			Yoga 1	Body Pump	Body Attack	
11.30am							Yoga 1
12.15pm	Circuit*		Yoga 1 Circuit*	Circuit*	Zumba Circuit*		
2.00pm		Yoga 1					
4.30pm						Body Balance	Body Pump
5.30pm			Body Combat	Body Pump			
6.30pm			Body Balance	Body Attack			
7.30pm			Body Pump	Yoga 1 Boxing Circuit*			

SMALL GROUP TRAINING

 (Exclusive to members. Sessions marked * are held in The Studio.)

6.00am	X-Press		HIIT	X-Press	HIIT		
8.00am	Core		X-Press	Pavi	HIIT	X-Press	
9.15am	Pavi		Core	X-Press	Strength	HIIT	Core
11.30 am						X-Press	Pavi
12.15pm		HIIT					
5.00pm						Core	X-Press
5.15pm		Core	Strength*	Core*	HIIT		
5.45pm							
6.15pm			Pavi*	HIIT*	X-Press		
7.00pm			X-Press*	Pavi*			

AQUA

 (Numbers refer to the number of allocated lanes)

6.15am				DWR (1)			
8.15am			Aqua (2)				Aqua (2)
9.30am	Aqua (3)				Aqua (3)		
10.30am	Aqua (2)		Aqua (2)	Aqua (2)	Aqua (2)	Aqua (2)	Aqua (2)
4.30pm						Aqua (2)	Aqua (2)
6.30pm							

SPIN CLASSES

6.00am	SPIN		SPIN		SPIN		
8.30am						SPIN	
9.30am					SPIN		
10.30am							SPIN
6.00pm			SPIN	SPIN			

COLLINGWOOD LEISURE CENTRE

Cnr Turnbull and Hoddle Sts, Clifton Hill
9205 5522

FITZROY SWIMMING POOL

Alexandra Parade, Fitzroy
9205 5180

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.

RICHMOND RECREATION CENTRE

Gleadell St, Richmond
9205 5032