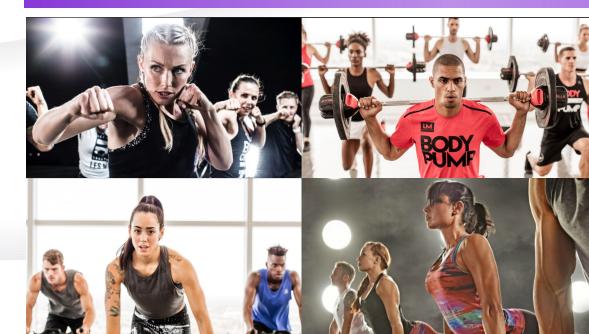
CLASS DESCRIPTIONS LesMills Get lean, build strength and tone muscle with Body Pump, a science-backed barbell workout that trains all your major muscle groups. LesMills Ideal for all fitness levels, Body Balance is a yoga-based class that will help improve your mind, your body and your life Dance Fitness is a 1-hour choreographed dance class that incorporates cardio **DANCE FITNESS** fitness with different styles of dance including hip hop, commercial, JFH and more. Lesmills Ride to the rhythm of powerful music. Take on the terrain of hills, flats, intervals and more. A class designed to tone your abs and improve your core strength. It includes **ABS & STRETCH** various abdominal exercises and is followed by 30 minutes of stretching to ensure you are feeling flexible and energized. 30 minutes of intense functional training incorporating equipment such as battle **FT30** ropes, TRX and plyometric boxes. Tone your body by combining movement and breathing to develop core stability PILATES Power Bar is a low impact workout using specially designed barbells. This class is **POWER BAR** perfect for toning and conditioning your body whilst working your cardiovascular system at the same time. HIIT combines bursts of intense exercise with short breaks for rapid cardio fitness. Spin is similar to Les Mills RPM, however our instructors have created their own playlist of songs and choreography to give you even more variety (45 mins) Yoga is an ancient art form that helps you cultivate your physical, emotional, mental and social wellbeing through breathing, movements and meditation Take the stress out of the day and melt the calories away as you hit, punch and kick your way to fitness. The Strength for Life program promotes health and well-being amongst people Strength for Life over 50 and 40 for Aboriginal or Torres Strait Islanders, through strength training programs run by accredited fitness providers. A great class for older adults, increase your strength, flexibility, bone density and **SNEAKERS** fitness.

OPENING TIMES		CRECHE	
MONDAY - FRIDAY	5:30am—9pm	8:30am - 11:30am	
WEEKENDS	8am—6pm	Closed	
PUBLIC HOLIDAYS	10am—4pm	Closed	

MORLEY SPORT & RECREATION CENTRE

GROUP FITNESS TIMETABLE

(Effective from 17 February 2024)





PLEASE NOTE: Classes are subject to change without notice

Phone: 9375 3529

12 Wellington Road, Morley 6062 www.bayswaterrecreation.com.au

Group Fitness Timetable Effective 17 February 2024

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	BOXING	LesMills BODYPUMP	FT30	OSPIN	PHIIT		
8:00am				SILVER SNEAKERS	YOGA	OSPIN	
8:30am	SILVER SNEAKERS	SILVER SNEAKERS	SILVER SNEAKERS				LESMILLS BODYBALANCE
9:00am				PILATES		Lesmills BODYPUMP	
9:15am	YOGA	YOGA					
9:30am	Power Bar	Sculpt FT30	OSPIN YOGA	FT30	LesMILLS BODYPUMP		HIIT
10:00am				Abs & Stretch		LesMILLS BODYBALANCE	
10:30am		PILATES	Dance Fit		Foam Roller/Stretch		
11:00am	Strength for Life	Strength for Life	Strength for Life	Strength for Life	Strength for Life		
11:30am	Dance Fit				Dance Fit		
5:00pm	WHIIT	BOXING	LesMills BODYPUMP	FT30 LesMills RPM			
5:30pm			FT30				
6:00pm		YOGA (90 MINS)	OSPIN	BOXING			