

## CLASS DESCRIPTIONS

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

# MORLEY SPORT & RECREATION CENTRE

## GROUP FITNESS TIMETABLE

(Effective from 17 February 2024)



### OPENING TIMES

### CRECHE

**MONDAY - FRIDAY**

5:30am—9pm

8:30am - 11:30am

**WEEKENDS**

8am—6pm

Closed

**PUBLIC HOLIDAYS**

10am—4pm

Closed

























**PLEASE NOTE:** Classes are subject to change without notice

**Phone: 9375 3529**

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[www.bayswaterrecreation.com.au](http://www.bayswaterrecreation.com.au)

# Group Fitness Timetable Effective 17 February 2024

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	 <b>BOXING</b>	<b>LES MILLS BODY PUMP</b>	<b>FT30</b>	 <b>SPIN</b>	 <b>HIIT</b>		
8:00am				<b>SILVER SNEAKERS</b>	 <b>YOGA</b>	 <b>SPIN</b>	
8:30am	<b>SILVER SNEAKERS</b>	<b>SILVER SNEAKERS</b>	<b>SILVER SNEAKERS</b>				<b>LES MILLS BODY BALANCE</b>
9:00am				 <b>PILATES</b>		<b>LES MILLS BODY PUMP</b>	
9:15am	 <b>YOGA</b>	 <b>YOGA</b>					
9:30am	<b>Power Bar</b>	<b>Sculpt FT30</b>	 <b>SPIN</b>  <b>YOGA</b>	<b>FT30</b>	<b>LES MILLS BODY PUMP</b>		 <b>HIIT</b>
10:00am				<b>Abs &amp; Stretch</b>		<b>LES MILLS BODY BALANCE</b>	
10:30am		 <b>PILATES</b>	<b>Dance Fit</b>		<b>Foam Roller/Stretch</b>		
11:00am	 <b>Strength for Life</b>	 <b>Strength for Life</b>	 <b>Strength for Life</b>	 <b>Strength for Life</b>	 <b>Strength for Life</b>		
11:30am	<b>Dance Fit</b>				<b>Dance Fit</b>		
5:00pm	 <b>HIIT</b>	 <b>BOXING</b>	<b>LES MILLS BODY PUMP</b>	<b>FT30</b> <b>LES MILLS RPM</b>			
5:30pm			<b>FT30</b>				
6:00pm		 <b>YOGA (90 MINS)</b>	 <b>SPIN</b>	 <b>BOXING</b>			