

# Group Fitness Timetable

Effective from 30 October 2017

TIME	MON	TUES	WED	THURS	FRI
6:15AM		PRIMITIVE POWER 	CARDIO PUNCH 	GROUP CORE	PRIMAL MOVEMENT
8:00AM		GREY MATTERS 	GENTLE WATER 		
9:30AM	BODY BLAST 	Les Mills BODY PUMP	BODY BLAST 	Les Mills RPM	GROUP CORE POWER STEP 
10:45AM			Les Mills BODY BALANCE		AQUA BOOTCAMP 
1:00PM				GENTLE WATER 	Heart Moves 
4:30PM	AQUA BOOTCAMP 				
5:30PM	PRIMAL MOVEMENT	BODY BLAST 	Les Mills BODY PUMP	GROUP CORE	Les Mills BODY PUMP
5:45PM	Les Mills RPM	Les Mills RPM	ANCHOR	Les Mills RPM	
6:00PM	Les Mills BODY BALANCE			PRIMITIVE POWER 	
6:30PM			Les Mills BODY BALANCE		



## Child Minding - \$2.00 per child/session

Monday 9:15am to 10:45am and 5:15pm to 7:00pm

Tuesday 9:15am to 10:45am

Wednesday 9:15am to 10:45am and 10:45am to 11:45am

Thursday 9:15am to 10:45am & 5:15pm to 7:00pm

Friday 9:15am to 10:45am & 5:15pm to 6:30pm

# Class Descriptions

## Les Mills

### BODY BALANCE

A yoga-based class that will improve your mind, body and life. Inspiring soundtracks play as you bend & stretch through simple yoga moves and embrace elements of Tai Chi & Pilates.

## Les Mills

### BODY PUMP

Is for anyone looking to get lean, toned and fit. Lots of repetition with light to moderate weights gives you a total body workout.

## GROUP CORE

Train like an athlete in 30 action-packed minutes. Motivating music will guide you through functional & integrated exercises using your body weight, weight plates & a platform

## Les Mills

### RPM

Ride to the rhythm of powerful music. Take on the terrain with your inspiring instructor who leads you through hills, flats, mountain peaks and interval training.

## CARDIO PUNCH



A fitness class for all levels incorporating boxing moves in a freestyle workout. This class also includes basic boxing pad work. A fantastic combination workout.

## BODY BLAST



A fitness class for all levels incorporating boxing moves in a freestyle workout. This class also includes basic boxing pad work. A fantastic combination workout.

## PRIMITIVE POWER

Primal movement patterns are used to create a workout that burns fat, builds lean muscle, strength & stability. Push, pull, jump, bend and crawl to a new you.

## PRIMAL MOVEMENT

Body weight training that offers injury prevention training & full body mobilisation using low impact exercises. It has an entry point for ALL fitness levels.

## ANCHOR

Body weight training utilising a harness system that offers injury prevention training & full body mobilisation using low impact exercises.

## AQUA BOOTCAMP



A cardio & conditioning workout that will get your heart rate up whilst toning your body. The resistance of the water makes the workout feel more intense and cushions you from the impact.

## GREY MATTERS



Increase your balance, strength & flexibility & fitness all while having fun. This basic program has been designed for older & less active adults, however, anyone can join in.



Step into a fitter you with this full body 30 min cardio workout. It combines different exercises & basic stepping so you can pace yourself.

## Heart Moves



A low to moderate exercise program managed by the Heart Foundation, suitable for anyone who hasn't done any exercise in a while. Friendly atmosphere at your own pace.

## GENTLE WATER



Fun, safe & effective class for all our social butterflies who wants to increase their fitness & mobility. It is designed for older & less active adults, however anyone can join in.

A towel and appropriate footwear are compulsory during your workout.

The timetable is subject to change. To keep up to date on any changes, visit our website [juneerecentre.com.au](http://juneerecentre.com.au) or follow us on Facebook!