

# Group Fitness Timetable

Effective from 13 FEBRUARY 2018

TIME	MON	TUES	WED	THURS	FRI
6:15AM		CIRCUIT	CARDIO PUNCH 	PRIMITIVE POWER	PRIMAL MOVEMENT
8:00AM		TAI CHI	GREY MATTERS 	GENTLE WATER 	GENTLE WATER 
9:30AM	BODY BLAST 	Les Mills BODY PUMP	BODY BLAST 	Les Mills RPM	GROUP CORE 
10:45AM			Les Mills BODY BALANCE		AQUA BOOTCAMP 
1:00PM					Heart Moves 
4:30PM	AQUA BOOTCAMP 				
5:30PM		BODY BLAST 	SCULPT WED 5.30PM 	CIRCUIT	Les Mills BODY PUMP
5:45PM	Les Mills RPM	Les Mills RPM	ANKORR	Les Mills RPM	
6:00PM	Les Mills BODY BALANCE				
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

### 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

### 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.

### 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.

### ANKORR

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

### 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.

### 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.

### ZUU

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

SCULPT  
WED 5.30PM

Resistance bands, dumbbells & ankle weights are combined with isolation exercises to shape and tone those hard-to-work areas.

A towel and appropriate footwear are compulsory during your workout.

## 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.

### 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.

### 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.

### 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.

### 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.



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

### 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.

### CIRCUIT

This team training circuit class combines a variety of strength & cardio exercises to target your entire body. Utilise this class to burn fat, gain strength & build lean muscle!

### TAI CHI

It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is a self-paced system of gentle physical exercise and stretching.

The timetable is subject to change.

To keep up to date on any changes, visit our website [juneereccentre.com.au](http://juneereccentre.com.au) or follow us on Facebook!