


# Group Fitness Timetable

Effective from August 2018

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



## 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

## 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.

### **ANKORR**

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**

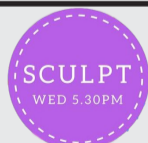
Fun, safe & effective class for all our social butterflies who wants to increase their fitness & mobility. It is designed for older & less active adults, however anyone can join in.

### **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.

### **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!



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

### **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.

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!