

# Group Exercise Class Timetable

TIME	6.30	9.30	10.00	10.30	11.00	11.30	12.00	1.00	2.00	4.00	4.30	5.00	6.30	7.00	7.30	8.00	
MON	ENERGISE YOUR DAY Selina / Jeni ♥ 1-2-3	FITNESS COMBO Matilda ♥ 2-3	ZUMBA Kalinder ♥ 2-3	PILATES COMBO Diane ♥ 1-2 (M)					AQUA LITE Wendy ♥ 1(M)		TEEN GYM Kalinder ♥ 1-2-3			BOXING CIRCUIT Paul ♥ 2-3	CIRCUIT Paul ♥ 2-3		BELLY DANCE Rita ♥ 1-2
TUE			SUSPENSION TRAINING TRX Matilda ♥ 1-2-3						ACTIVE MOVERS Imke ♥ 1-2 (M)				PILATES Matilda ♥ 1-2-3		YOGA (Adv) Ian ♥ 1-2	AQUA POWER L1 Wendy ♥ 1-2-3	
WED	ENERGISE YOUR DAY Selina / Jeni ♥ 1-2-3	FITNESS COMBO Imke ♥ 2-3									TEEN GYM Wendy ♥ 1-2-3		SWISS-BALL BODY Wendy ♥ 1-2-3		BELLY DANCE Mona ♥ 1-2	CIRCUIT Melinda ♥ 2-3	
THUR		CIRCUIT Melinda ♥ 2-3	PILATES Diane ♥ 1-2-3		AQUA GENTLE Wendy ♥ 1(M)		AQUA POWER L1 Wendy ♥ 1-2-3		ACTIVE MOVERS Wendy ♥ 1-2 (M)						SPIN Paul ♥ 2-3	YOGA (Beg) Ian ♥ 1-2	AQUA POWER L2 Wendy ♥ 2-3
FRI	ENERGISE YOUR DAY Selina / Jeni ♥ 1-2-3	CARDIO ZONE Matilda ♥ 1-2-3	SWISS-BALL / TRX Imke ♥ 1-2								TEEN GYM Simon ♥ 1-2-3						
SAT		STEP Sanett ♥ 2-3			LOVE-IT-LATIN (INT - ADV) Sanett ♥ 2-3	LOVE-IT-LATIN (BEG) Sanett ♥ 2-3				AQUA POWER L2 Wendy ♥ 2-3							
SUN					TLC CIRCUIT Wendy ♥ 1-2 (M)							AQUA POWER L3 Rachael/ Wendy ♥ 3					

## LEGEND:

- ♥ 1 = Low intensity class level
- ♥ 2 = Medium intensity class level
- ♥ 3 = High intensity class level

(M) = 'Move for Life' classes, which are particularly recommended for people over 50yrs or who have a low level of fitness or mobility.

30 = 30Min class

**Wear appropriate footwear and dress in comfortable supportive clothing.**

## On public holidays the following classes run:

- 9.30am Circuit and
- 7.30pm Circuit

**Active Movers** A class focused on improving strength, balance, gait, flexibility and co-ordination. Using light weights and resistance equipment this class is recommended for 50+ yr olds or for those with limited mobility. See brochure for more info.

**Aqua Gentle** Excellent for people with joint issues. Especially those with arthritis or who have had hip, knee, etc replacements! The warm water soothes joint pain and improves muscle flexibility and balance. This class is also good for those easing into fitness.

**Aqua Lite** Enjoy a variety of exercises, joined in such a way as to challenge your range of movement and balance. Gentle exercise will stimulate your muscles for sustained recovery.

**Aqua Power Level 1** Water exercise for those wishing to improve strength,

range of movement, or needing 'recovery' for an injury. You will be given a variety of movements so you can participate at your own ability level. You will tone your arms and legs and engage your core muscles.

**Aqua Power Level 2** Developed for people wishing to challenge their upper and lower body strength and who love the benefits of cardio exercise in water. You will utilise the whole pool, get a whole body workout, and burn calories!

**Aqua Power Level 3** With all the benefits of the classes listed above, High

intensity water exercise not for the faint-hearted! But don't be scared-off... everyone starts at their own pace. You'll soon feel your fitness improve and love it!

**Belly Dance** For fitness or fun, belly dancing can help increase overall flexibility, body tone, strengthens your legs, core muscles and arms. Your hands get a workout too! See brochure for more info. Keep the class interesting and challenging.

equipment to maintain muscle mass and burn body fat. A variety of moves.

**Boxing Circuit** This class uses different boxing equipment to increase your heart rate and burn calories. A great cardio class for men and women.

**Boxing Circuit** A combination of simple boxing movements, weights and abs with exercise combinations to keep the class interesting and challenging

**Cardio Zone** Get your cardio fitness up by using a variety of cardio machines and exercises. There's something different each week.

**Circuit** Maintain muscle mass and burn body fat using a combination of

cardio and resistance equipment. Circuits are a great 'all-rounder' class. You can tailor the class to your own ability very easily. The classes change each week to keep things fresh and interesting.

**Energise Your Day** This is an exercise program to help you 'Energise your Day', including 3 morning classes per week. Any fitness level is welcome. Designed to finish by 7.20am so as to give enough time to get ready for your day. Regular attendance will make a huge difference to your fitness.

**Fitness Combo** A Combination of simple cardio movements, weights and abs for a great all-over body workout. a comprehensive class that will have you fighting fit and feeling at the top of your game when you leave.

**Love-it-Latin** This class is an aerobics workout set with a fabulous fusion of Latin dance styles. Mixing mambo, cha cha and salsa moves (to name a few), you will be kept on your toes and never be bored. You don't need a partner; come on your own or with friends. You'll experience creative choreography to catchy music. If you love dance style classes you could also try Zumba.

**Pilates** Focus on core stability and finer muscle control. A fantastic compliment to other exercise options or on it's own. Because it is designed to strengthen weak muscles and focus on the control of stabilising muscles during exercises, it is also ideal for injury rehabilitation (back, neck, shoulders, knees and feet). See brochure for more info.

**Pilates Combo** This is a class, combining yoga, Pilates, large Swiss-balls, tai chi, stretch and relaxation. A great mixture of disciplines, this class takes the best of all worlds and puts them into a comprehensive class. See brochure for more info.

**Swiss-ball Body** Develop core stability and strength By exercising while sitting or leaning on the balls your body is constantly making small adjustments to your postural muscles, abdominals, gluteals and leg muscles. This class also uses body weight, hand weights,

bar weights, resistance bands, medicine balls, etc. to improve muscle tone! See brochure for more info

**Step** A great cardio class that uses steps to increase calorie burning, strength and intensity. It will keep you moving and enjoying a range of moves and dance combinations.

**Spin** A powerful cardio class including sprints, hills and other challenging cycling elements. Great for fat burning and toning.

**Strong'n'Fit** A class aimed at developing proper lift technique, strength and size.

**Teen Gym** Supervised gym exercise for 12-17 year olds. These sessions combine individual gym programs with group-based exercises to teach teens correct technique, and improve their fitness and strength. Can be used to compliment other sport activities or on it's own. See brochure for more info.

#### **TRX Suspension Training**

Delivers an effective total-body workout, increases muscular endurance and functional strength while developing a rock solid core.

**TLC Circuit** Circuit class for people with mild mobility restrictions, injuries, disabilities or low fitness level. This class provides for extra modifications for specific needs. A great start to Sunday mornings,

**Yoga** Iyengar style Hatha yoga combining postures, concentrated breathing, flexibility and relaxation. It provides a holistic approach to healing through treatment of the individual as a unified body and mind. See brochure for more info.

**Zumba** The dance fitness craze that is sweeping the world. The music is addictive, the moves are so much fun, and it's good for you! Come join in.

If you love dance style classes you could also try the Love-it-Latin classes.

See you at a class soon!

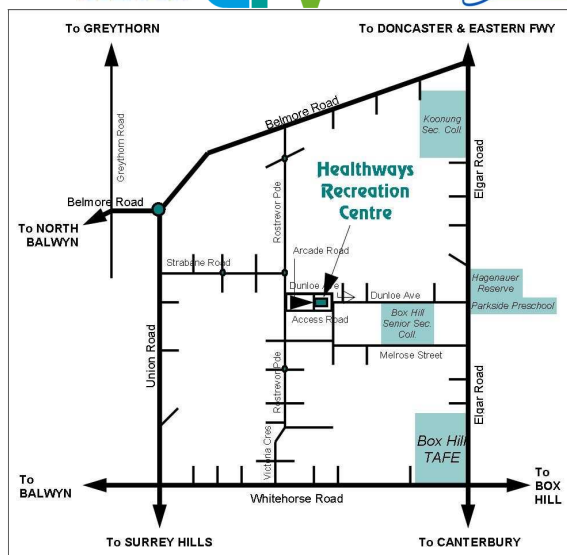
#### Industry Affiliations:



AQUATICS & RECREATION VICTORIA



Fitness Australia  
THE HEALTH & FITNESS INDUSTRY ASSOCIATION



## Healthways Recreation Centre

◆Gym ◆Bowl ◆Swim ◆Recreation

1 - 11 Arcade Rd, Mont Albert Nth 3129

Open: 7 days a week! 360 days a year!  
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#### Opening Times...

Mon/Wed/Fri: 6.00am

Sat: 8.30am

Tues/Thurs/Sun: 9.00am

#### Closing Times...

Mon to Thur: 10.00pm

Fri/Sat/Sun: 9.00pm

Ph. 9895 2300

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www.healthways.com.au

# Group Exercise Class Timetable



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Healthways Recreation Centre

◆Gym ◆Tenpin ◆Swim ◆Recreation