

Class Descriptions

Les Mills Bodypump: The original barbell class - ideal for anyone wanting to get lean, toned and fit. Using light to moderate weights with high repetition focusing on all major muscle groups, burn up to 540 calories. **Fitness Level: Low to High | Co-ordination: Low**

Les Mills Bodycombat: This fiercely energetic cardio workout will leave you feeling totally unleashed. Inspired by Kick- Boxing, Muay Thai, Tai Kwon Do and Karate, burn upwards of 700 cal. **Fitness Level: Low to High | Co-ordination: Med**

Les Mills GRIT: LES MILLS GRIT™ SERIES is a 30-minute HIIT workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle! **Fitness Level: High | Co-ordination: Med to high**

CORE: Les Mills CORE is a 30-minute class designed to increase your strength, improve posture and develop deep core stability. This class is designed to complement all athletic disciplines. **Fitness level: Low to High | Coordination: Low to Med**

Les Mills SH'BAM: A fun-loving, insanely addictive dance workout in an ego-free zone – no dance experience required. Even if you walk in thinking you can't, you'll walk out knowing you can! **Fitness level: Low to Med | Coordination: Low to Med**

BodySculpt: This aerobic workout utilises weights, steps, tubes and is fantastic for building strength with zero impact on the joints. Engage your main muscle groups to tighten and tone with a focus on the core, glutes and thighs. **Fitness Level: Low to Med | Co-ordination: Low to High**

BOOTCAMP: Functional training at its finest. Utilising weights, suspension training, battle ropes and kettlebells, varied with a focus on intensity. **Fitness Level: Med to High | Co-ordination: Low to Med**

ZUMBA: Ditch the workout and join the party! Zumba incorporates Latin and International dance rhythms to allow you to completely lose yourself in the beat, leaving you fit and fabulous as our instructors guide you through easy, effective exhilarating dance movements. **Fitness Level: Low to High | Co-ordination: Low to High**

H.I.I.T (High Intensity Interval Training): Constantly varied strength or cardio based workouts done at a high intensity. Each session is tailored by our Personal Trainers to ensure safety and effectiveness. HIIT classes are renowned for getting results. Watch as you become faster, leaner, stronger and fitter. **Fitness Level: Low to High | Co-ordination: Low to Med**

YOGA: "Yoga" in the Western world often denotes exercise, with poses called asanas. Our yoga professionals will guide you through 3 main elements – exercise, breathing and meditation to help you connect with body, mind and spirit. **Fitness Level: Low | Co-ordination: Low**

GOLD Active: Gentle exercises designed for our active older members. Gold active is a low impact, fun and safe workout designed to keep you moving well into your glory years. Focusing on movement and strength, for all levels of fitness. **Fitness Level: Low | Coordination: Low**

STEP: A classic upbeat cardio workout utilising an elevated platform to boost your heart rate. Vary the intensity of your workout by adjusting the height of your step. **Fitness Level: Low to high | Coordination: Low**

BOXFIT: A cardio based boxing workout that includes boxing drills and bodyweight exercises that incorporate footwork and abdominal movements. **Fitness Level: Low to high | Coordination: Low to high**

GROUP FITNESS TIMETABLE



MICHAEL CLARKE RECREATION CENTRE

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Monday to Friday: 5am – 10pm
Saturday and Sunday: 7am – 6:30pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	 Alecia (45)	 Alecia (45)	 Alecia (45)	 Alecia (30)	 Alecia (30)		
6:30am	 Alecia (30)			 Alecia (30)			
8:00am					 Frank (45)		
9:00am	 Gwen (30)	 Alecia (45)	 Chris (30)	 Chris (30)	 Chris (30)	 Mel (55)	 Christina (60)
	 Gwen (30)						
9:30am	 Mel (55)		 Chris (55)	 Chris (60)	 Chris (45)		
9:45am		 Jo (60)					
10:30am			 Lauren/Dom		 Lauren/Dom		
11:00am							
5:30pm	 Karola (30)		 Jo (60)	 May (45)	 Alecia (45)		
6pm	 Chris (60)	 Chris (45)					
6:30pm		 Chris 6:45pm	 Trish (60)	 May (45)			
7pm	 Trish (60)						
7:30pm				 Christina (60)			

GROUP FITNESS: Please notify your instructor if you are pregnant or injured so exercises may be modified.

TEEN ACTIVE: Runs for 60 minutes Monday, Wednesday & Friday at 5pm.