

# 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, you will burn up to 540 calories gaining the results you want, fast. **Fitness Level:** Low to High | **Co-ordination:** Low | **Duration:** 55, 45 or 30 minutes

**Les Mills Bodycombat:** This fiercely energetic cardio workout will leave you feeling totally unleashed. Inspired by Boxing, Kick Boxing, Muay Thai, Tai Kwon Do and Karate, you will burn upwards of 700 calories as you punch and kick your way to full body fitness. **Fitness Level:** Low to High | **Co-ordination:** Medium | **Duration:** 55, 45 or 30 minutes

**Les Mills Bodybalance:** Breathe and relax into wellness with a mix of yoga, pilates and tai chi inspired movements. Bodybalance will allow you to lengthen and strengthen the entire body while moving to beautiful, relaxing music. Each class finishes with relaxation/meditation to leave you blissful and centred. **Fitness Level:** Low | **Co-ordination:** Low | **Duration:** 45 or 55 minutes

**CXWORX:** Is the ultimate in fast track core training. Activating deep core muscles and utilising cross sling muscle tissue ensures definition and strength through the abdomen and waistline. Great for mums wanting to regain their core strength after giving birth. **Fitness Level:** Low | **Co-ordination:** Low | **Duration:** 30 minutes

**BodySculpt:** This aerobic workout utilises weights, benches and tubes and is fantastic for building strength with zero impact on the joints. Each class is varied and engages main muscle groups to tighten and tone the entire body with a focus on the core, glutes and thighs. **Fitness Level:** Low to Medium | **Co-ordination:** Low to High | **Duration:** 55 minutes

**BOOTCAMP:** Functional training at its finest. Utilising weights, suspension training, sleds and kettlebells these classes are constantly varied with a focus on intensity. Bootcamp can be circuit based, time based, partner based or rep based depending on the focus and programming of our coaches. **Fitness Level:** Medium to High | **Co-ordination:** Low to Medium | **Duration:** 30 minutes

**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. Zumba will leave 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 | **Duration:** 60 minutes

**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 Medium | **Duration:** 30 minutes

**Teen Active:** Our fitness coaches adapt cardiovascular, strength and flexibility programs in a fun, effective and safe environment. This program ensures your child will have sound knowledge and guidance using equipment, participating in group fitness and utilising technique every time.

\*This program is not included in a fitness passport membership **Fitness Level:** Low to High | **Co-ordination:** Low to High | **Duration:** 30 minutes

**Boxfit:** Combining cardiovascular endurance and muscle conditioning in a high intensity setting, this technique focused class will ensure you're throwing jabs, uppercuts and hooks in a fun and challenging hour of power. **Fitness Level:** Low to High | **Co-ordination:** Medium to High | **Duration:** 55 minutes

**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 | **Duration:** 55 minutes

**Gold ACTIVE:** This class focuses on all the key elements that help keep us mobile and healthy as we age. With an emphasis on cardio vascular fitness, stability, flexibility, muscular strength and longevity in movement. Our friendly instructors will ensure you're working within your limitations for a safe and effective workout. **Fitness Level:** Low | **Co-ordination:** Low | **Duration:** 50 minutes



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Carnes Hill NSW 2171

02 8760 4800

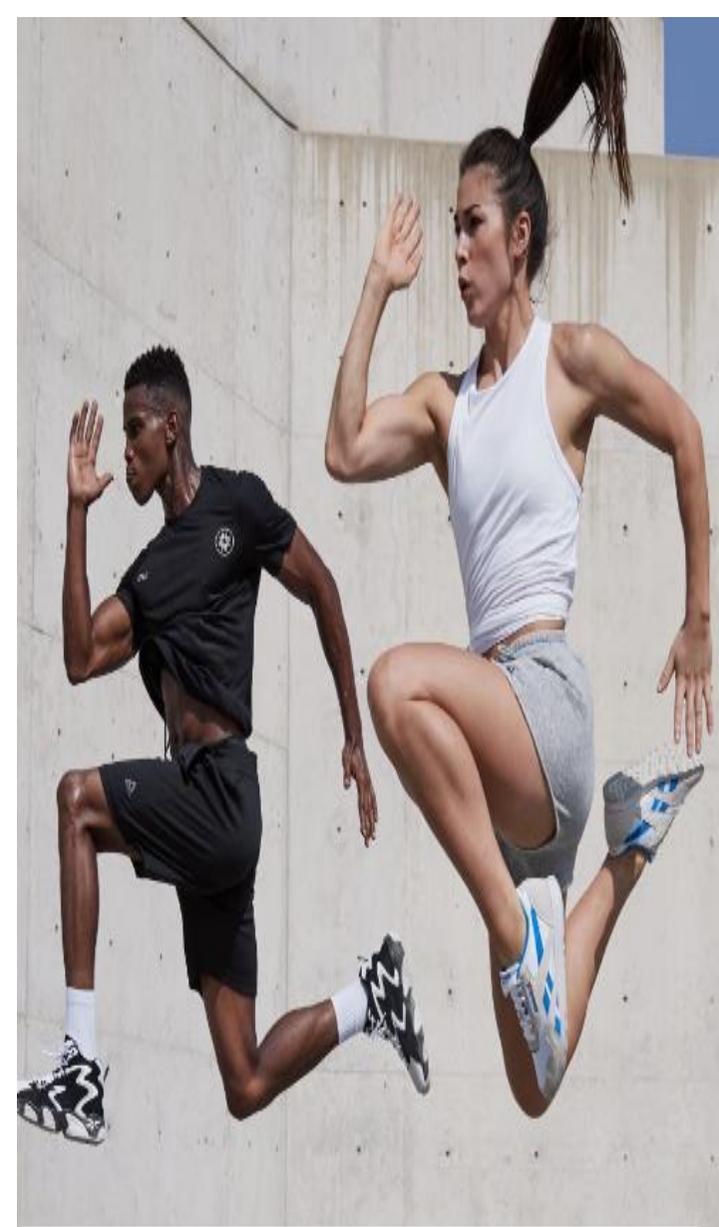
[www.michaelclarkecentre.com.au](http://www.michaelclarkecentre.com.au)

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Monday - Friday 5:00am - 10:00pm

Saturday and Sunday 7:00am - 6:30pm

Public Holidays 7:00am - 6:30pm



2020  
GROUP FITNESS TIMETABLE  
02 8760 4800

[www.michaelclarkerecreationcentre.com.au](http://www.michaelclarkerecreationcentre.com.au)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	<b>LES MILLS BODYPUMP</b>	HIIT	<b>LES MILLS BODYCOMBAT</b>	HIIT	HIIT	
6:30am	Alecia 		Karola 	<b>LES MILLS CXWORX</b> Alecia		
7am						HIIT 
8am						<b>LES MILLS BODYPUMP</b>  Mel
9am		<b>BODY-SCULPT</b>		<b>LES MILLS BODYCOMBAT</b>		<b>LES MILLS BODYBALANCE</b>
9:30am	<b>LES MILLS BODYPUMP</b>	Clara	<b>LES MILLS BODYPUMP</b> Alecia	Alecia 	<b>LES MILLS BODYPUMP</b> Joanne	Debra
10am	Melissah	  Clara	<b>LES MILLS BODYBALANCE</b>	<b>BODY-SCULPT</b>	<b>LES MILLS CXWORX</b> Joanne	
10:30am		YOGA	Alecia 	Chris	<b>GOLD ACTIVE</b>	
11am		 Joanne			 Joanne	
5:00pm	TEEN ACTIVE		TEEN ACTIVE		TEEN ACTIVE	
5:30pm						
6pm	<b>BODY-SCULPT</b>	HIIT	<b>BOXFIT</b>	HIIT		
6:30pm	Chris	<b>LES MILLS BODYPUMP</b>	 Jeannie	<b>LES MILLS BODYPUMP</b>		
7:00pm	 Trish	Jeannie	 Trish	Fariba		
7:30pm		<b>BOXFIT</b>		YOGA		
8:00pm		 Jeannie		 Zarah		

\*Closed Good Friday and Christmas Day

All participants must bring a towel and water bottle to classes. Please inform the instructor if you are pregnant or injured so they can modify the class to a level that is comfortable for you. For safety reasons entry to the class will not be permitted once the music has started. Different guidelines may apply to some classes. Members aged 16+ can attend group fitness classes by themselves

