

# GROUP FITNESS TIMETABLE

STARTS 13 JANUARY 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	<b>LES MILLS RPM</b> Dao (30)	<b>LES MILLS GRIT</b> Elise (30)	<b>LES MILLS CORE</b> Alecia (30)	<b>LES MILLS BODYBALANCE</b> Alecia (30)	FUNCTIONAL		
6:00am	<b>LES MILLS BODYPUMP</b> Dao (45)	<b>LES MILLS Shapes</b> Alecia (45)	<b>LES MILLS BODYCOMBAT</b> Alecia (45)	<b>STEP</b> Alecia (30)	<b>LES MILLS Shapes</b> Gwen (45)		
7:00am						<b>BOOTCAMP</b>	
8:00am						<b>LES MILLS RPM</b> Mel (45)	<b>STEP</b> Clara (45)
8:30am		<b>LES MILLS Shapes</b>	FUNCTIONAL		<b>LES MILLS BODYATTACK</b> Clara (30)		
9:00am	<b>STEP</b> Alecia (30)	Gwen (45)* 8:45am	<b>BOXFIT</b> Chris (30)	<b>H.I.I.T</b> Chris (30)	<b>LES MILLS CORE</b> Chris (30)	<b>LES MILLS BODYPUMP</b> Mel (55)	<b>YOGA VINYASA FLOW</b> Teresa (60)
	<b>LES MILLS RPM</b> Mel (30)	FUNCTIONAL					
9:30am	<b>LES MILLS BODYPUMP</b> Mel (55)	<b>LES MILLS BODYCOMBAT</b> Alecia (45)	<b>LES MILLS BODYPUMP</b> Chris (55)	<b>BODYSCULPT</b> Chris (60)	<b>LES MILLS DANCE</b> Rose (45)		
			<b>YOGA FAST FLOW</b> Christina (60) Spin Studio		<b>FREESTYLE CYCLE</b> Alecia (30)		
10:15am		<b>TAI CHI</b> Gwen (45)					
10:30am				<b>YOGALATES</b> Chris (45)			
11:00am	<b>Active GOLD</b> Clara (45)	<b>Fall Prevention</b> Roger (45)	<b>Active GOLD</b> Chris (45)	<b>getlow</b> Frances (45) 11:15am	<b>Active GOLD</b> Fariba (45)		
5:30pm	<b>LES MILLS GRIT</b> Karola (30)	<b>LES MILLS BODYATTACK</b> Ammany (45)	<b>LES MILLS CORE</b> Jako (30)	<b>LES MILLS GRIT</b> Ana (30)	<b>LES MILLS BODYATTACK</b> Ana (45)		
6:00pm	<b>BODYSCULPT</b> Chris (60)		<b>LES MILLS RPM</b> Jako (45)	FUNCTIONAL			
6:15pm		<b>LES MILLS BODYPUMP</b> Ammany (45)					
6:30pm		<b>YOGA VINYASA FLOW</b> Teresa (60)	<b>ZUMBA</b> Jo (60)	<b>LES MILLS BODYPUMP</b> Fariba (55)			
7:00pm	<b>Konga</b> Frances (45)						



Please refer to our website for the most updated timetable.



**MICHAEL CLARKE RECREATION CENTRE**

2 Margaret Dawson Drive  
Carnes Hill NSW 2170  
02 8760 4800  
www.michaelclarkecentre.com.au

# CLASS DESCRIPTIONS

**Les Mills Shapes:** This is an invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

**Les Mills Bodypump:** The original barbell class - ideal for anyone wanting to get lean, toned & fit. Using light to moderate weights with high repetitions focusing on all major muscle groups, burn up to 540 calories.

**Les Mills Bodycombat:** This fiercely energetic cardio workout will leave you feeling totally unleashed. Inspired by kickboxing, muaythai, taekwondo and Karate - burn up to 700 cal.

**Les Mills GRIT:** A 30-minute HIIT workout designed to improve strength and build lean muscle.

**Les Mills CORE:** A 30-minute class designed to increase your strength, improve posture and develop deep core stability, designed to complement all athletic disciplines.

**Les Mills Dance:** A fun-loving, insanely addictive dance workout. No dance experience required.

**Les Mills RPM:** A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session.

**Les Mills Body Balance:** A new generation yoga that will improve your mind and body incorporating elements of Tai Chi and Pilates.

**Les Mills Shapes:** A blend of Pilates, barre, and power yoga set to modern beats. You sculpt and strengthen all major muscle groups, improve alignment and increase flexibility.

**Bodysculpt:** An aerobic workout utilising weights and steps - fantastic low impact strength building workout. Engage your major muscle groups tone with a focus on core, glutes and thigh.

**Zumba:** Ditch the workout and join the party. Zumba allows you to completely lose yourself in the beat, leaving you fit and fabulous through Latin and International dance rhythms.

**Konga:** A 50-minute easy-to-follow, mood-elevating, high intensity fusion of Boxing, Cardio, Dance and Sculpting set to the hottest beats.

**STEP:** A classic upbeat cardio workout utilising steps to boost your heart rate. Vary the intensity of your workout by adjusting the height of your step.

**Boxfit:** A cardio-based boxing workout that includes boxing drills and bodyweight exercises that incorporate footwork and abdominal movement.

**Yoga (Fast/Vinaya):** Our yoga professionals will guide you through 3 main elements - exercise, breathing and meditation to help you connect with body, mind and spirit.

**Getlow:** A beat-driven low impact workout designed to ignite your mind, move your body & improve your wellbeing.

**Tai Chi:** A practice that involves a series of slow gentle yet expansive movements and physical postures, a meditative state of mind, and controlled breathing.

**Fall Prevention:** Enhance your balance, stability through balance, strength and coordination exercises. Learn techniques to prevent falls and maintain independence! Perfect for all fitness levels.

**Functional/Bootcamp:** A workout focused on building a body capable of doing everyday movements. Squatting, reaching, pulling, and lifting will be made easier with functional fitness integrated into your exercise routine.



**EXERCISE  
PHYSIOLOGY**

Michael Clarke  
Recreation Centre  
**Enquire today**

