

TIMETABLE

Commencing April 2024

LIVWELL MEMBERS AND STRENGTH FOR LIFE

AQUA CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7am	HYDRO MOVERS *	HYDRO MOVERS *	HYDRO MOVERS *	HYDRO MOVERS *		7am
8am	HYDRO MOVERS *	HYDRO MOVERS *	HYDRO MOVERS *	HYDRO MOVERS *	HYDRO MOVERS *	8am
9am	AQUA FIT	AQUA			AQUA FIT	9am
9.15am			DEEP WATER AQUA	AQUA MOVERS		9.15am
10am	AQUA	AQUA *			AQUA	10am
10.15am				AQUA		10.15am

GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6am	YOGA		YOGA					6am
7.30am	6.30am					BOOTCAMP		7.30am
8am	FUNCTIONAL FIT *	FUNCTIONAL FIT *	CARDIO SCULPT *	CORE FLOW	CORE FLOW			8am
9.15am							PILATES	9.15am
10.30am			SPIN #					10.30am
11am		FITBALL SCULPT	EMPOWERED					11am
11.30am	CARDIO SCULPT		11.10am	CARDIO DANCE				11.30am
12pm		CHIBALL™	PILATES		PILATES			12pm
1pm	HEALTHY HEARTS			HEALTHY HEARTS				1pm
1.10pm		PILATES						1.10pm

STRENGTH FOR LIFE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
11am	STRENGTH FOR LIFE	STRENGTH FOR LIFE	STRENGTH FOR LIFE	STRENGTH FOR LIFE	STRENGTH FOR LIFE	11am

Timetable key: * Denotes a 45 minute class # Denotes a 30 minute class

Health assessment with doctor's clearance must be completed prior to attending your first Strength for Life session.

ChiBall	The ChiBall Method(TM) is based on traditional eastern philosophies in mind and body fitness combined with western ideas to produce a holistic approach to exercise. It is a balanced mind and body health and fitness concept based on traditional Chinese Medicine and incorporates Tai Chi and Qi Gong, ChiBall Dance, Yoga, Pilates, Feldenkrais Method and Deep Relaxation and Meditation.
Strength and Tone	A weight training class to music specifically for the over 50s using adjustable bars. This is a group class where you will use the adjustable bars, allowing you to alter the weight to your own capacity. Suitable for all fitness and ability levels. Specific instruction is given on how to perform exercises effectively and safely.
Cardio Sculpt	A dynamic low-impact mix of cardio and functional strength exercises to challenge your entire body during which you may use hand weights, bands, balls, steps etc to maximise toning and calorie burn. It's fun, effective and challenging. All exercises are modifiable to meet all fitness levels.
Cardio Dance	Cardio Dance is a fun class for all fitness levels as options are provided. A mix of Spanish, Latin and 80's music with simple and fun choreography that is easy to learn.
Fitball Body Sculpt	A total body and cardiovascular workout using fitballs, hand weights and bands. Let us show you how to burn calories, sculpt and tone every muscle whilst providing core stability and functional strength in a unique and very effective workout. Suitable for all fitness levels and options can be given.
Hydro Movers	A class for Seniors held in the warmth of the Hydrotherapy Pool. It will assist you with mobility and will improve agility and co-ordination. Sociable, relaxed and lots of FUN. Join us for a cuppa after class.
Pilates	The Pilates Method is a unique training system using concentration and slow controlled, precise movements to achieve inner strength, physical endurance, muscular tone, flexibility and well-being. This non-impact workout is suitable for all ages and people of all levels. Participants must have prior Pilates experience to attend or complete our four week beginners training program before joining the Pilates classes.
Strength for Life	SFL is an evidenced based progressive resistance exercise program that is tailored for each individual. The program accommodates specific injuries or pathologies that participants present with and enables them to participate according to their own ability. Group stretching and balance work are done together at the start and end of each class. Very welcoming and extremely social.
Healthy Hearts	Healthy Hearts is a low to moderate fitness program which incorporates components of aerobic activity, weight bearing exercise, balance and stretching. This program is specifically designed to be safe for people who may have risk factors (such as obesity) or health conditions (such as arthritis, heart disease, high blood pressure or diabetes). The program is suitable for those who are new to exercise.
Spin	Low impact, low intensity spin class to challenge your cardio in a fun filled environment.
Bootcamp	Bootcamp is run by a qualified personal trainer. These sessions can include many different exercises that improve your strength, endurance and core stability.
Aqua	This class is for those that want more than an Aqua Movers class but not as intense as Aqua Fit. This level is in between Aqua Movers and Aqua Fit.
Aqua Movers	This 'FUN' class is designed for older adults and anyone wanting to take it a little easier than the standard Aqua Fit class. Fantastic class for pre and post-natal ladies. Low impact, tones all muscle groups.
Aqua Fit	Aqua Fit incorporates toning and strengthening exercises for all muscle groups, including core stabilisation. This class is more intense than our Aqua Movers and Aqua class however the class is suitable for all levels as options are provided.
Zumba Gold	Zumba Gold is for active older adults or beginners who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.
Empowered	Suitable for everyone. A dynamic low-impact mix of cardio and functional strength training exercises to challenge your entire body. Become EMPOWERED to work at your own level and improve your posture inner strength muscular tone flexibility and heart health.
Deep Water Aqua	Using a buoyancy belt, our deep water aqua classes provide a constant level of water resistance – ideal to tone and sculpt the body. These classes run in our outdoor pool, if the weather is unsuitable the class will move inside and run as Aqua Fit.
Stretch and Flow	For all abilities, a flow practice that integrates breath, movement, flexibility and balance. Refresh your mind and body and finish with meditation all set to beautiful music. Please bring a yoga mat and towel

