

GROUP FITNESS TIMETABLE

Commencing
March 2021

GROUP EXERCISE ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5.50am	LES MILLS BODYCOMBAT *	6.30AM START		LES MILLS BODYPUMP *	LES MILLS BODYATTACK			5.50am
7.30am		BOOTCAMP *				BOOTCAMP *	7.55AM START	7.30am
8am	STRENGTH AND TONE *		STRENGTH AND TONE *	CHIBALL *	8.15AM START	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK #	8am
8.25am					CHIBALL ^		LES MILLS CORE #	8.25am
9am	9.15AM START	9.15AM START	9.15AM START	LES MILLS CORE #		LES MILLS BODYSTEP	LES MILLS BODYPUMP	9am
9.30am	LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS BODYATTACK *	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT			9.30am
10am	10.15AM START	10.15AM START	LES MILLS BODYPUMP *		10.40AM START	LES MILLS BODYPUMP	PILATES ^	10am
10.30am	LES MILLS BODYPUMP	LES MILLS CORE #		LES MILLS BODYBALANCE	LES MILLS BODYPUMP			10.30am
11am		FITBALL SCULPT ^	11.10AM START			LES MILLS BODYBALANCE		11am
11.30am	CARDIO SCULPT ^		LES MILLS BODYBALANCE *	CARDIO SCULPT ^				11.30am
12pm		CHIBALL ^			BEGINNERS BODYBALANCE ^			12pm
1pm	HEALTHY HEART ^	PILATES ^	HEALTHY HEART ^	HEALTHY HEART ^				1pm
5pm	LES MILLS BODYPUMP	metafit #	LES MILLS BODYCOMBAT	metaPWR #				5pm
5.30pm		LES MILLS CORE #	BOOTCAMP *	LES MILLS CORE #	LES MILLS BODYBALANCE			5.30pm
6pm	LES MILLS BODYSTEP	LES MILLS BODYATTACK #	LES MILLS BODYBALANCE	LES MILLS BODYPUMP				6pm
6.30pm		LES MILLS BODYPUMP *						6.30pm
7pm	PILATES		ZUMBA	LES MILLS BODYBALANCE				7pm
7.30pm		LES MILLS BODYBALANCE						7.30pm



See reception to scan in for classes. Members will be given priority up until 15 minutes prior to classes.

Timetable key: # Denotes a 30 minute class * Denotes a 45 minute class ^ LiveWell access granted



This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. No matter what your fitness level, you'll get fit, stay fit and get fitter.



This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music, strike, punch, kick and kata your way through calories to superior cardio fitness.



The Metafit™ 30 minute bodyweight training system gets results. It is a functional and effective, metabolic workout that will change the way you train. It's a high intensity workout adaptable for all fitness levels and abilities.



Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat-burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.



Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.



This 60 minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results you came for - and fast.



Formally known as CXWORX, LES MILLS CORE is the ultimate science backed core workout that builds strength, stability and endurance, focussing on core definition and sports performance. This 30 minute workout tones and conditions your abs, glutes and back, and improves posture and movement control. A short, effective workout, LES MILLS CORE utilizes weight plates and body weight exercises like crunches, planks and covers and is also great for balance and injury prevention.



Children 15 years and under are not permitted to attend BodyPump.



MetaPWR is a thirty minute circuit class that combines resistance and bodyweight exercises to target and develop strength, power, agility, and cardiovascular efficiency. MetaPWR develops strength and power not from 'traditional' gym strength training, but by carefully selecting equipment that will offer both resistance and explosive/ballistic exercises.



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Aqua Jetty

A City of Rockingham Community Facility

AQUA AEROBICS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7am	HYDRO MOVERS * ^	HYDRO MOVERS * ^	HYDRO MOVERS * ^	HYDRO MOVERS * ^	HYDRO MOVERS * ^		7am
8am	HYDRO MOVERS * ^	HYDRO MOVERS * ^	HYDRO MOVERS * ^	HYDRO MOVERS * ^	HYDRO MOVERS * ^		8am
8.45am		AQUA * ^					8.45am
9am	AQUA ^				AQUA ^		9am
9.30am		AQUA ^	DEEP WATER AQUA ^	AQUA MOVERS ^		DEEP WATER AQUA ^	9.30am
10am	AQUA ^				AQUA ^		10am
6.30pm	AQUA FIT		DEEP WATER AQUA				6.30pm

Timetable key: * Denotes a 45 minute class ^ LiveWell access granted

CYCLE STUDIO

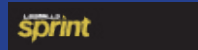
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.50am		LES MILLS sprint #	LES MILLS RPM *				
8am							LES MILLS sprint #
8.30am				9.30AM START		LES MILLS RPM ENDURO +	
9.15am	LES MILLS RPM *	LES MILLS RPM *	LES MILLS RPM ENDURO +	LES MILLS RPM *	10AM START		
10.30am			SPIN # ^		SPIN # ^		
12.30pm							
5pm			LES MILLS RPM *				
5.30pm	LES MILLS RPM *			LES MILLS RPM *	sprint #		
6pm			sprint #				

First time cycling?
Please arrive 10 minutes early.

Timetable key: * Denotes a 45 minute class + Denotes a 60 minute class # Denotes a 30 minute class



Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.



A 30 minute high intensity low impact workout that is scientifically proven to return rapid results. It's a short intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

Low Impact Spin

Low Impact, low intensity spin class to challenge your cardio fitness in a fun filled environment.

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 groupa 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.

Fitball Body Sculpt

A total body and cardiovascular workout using fit balls, 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.

Beginners Yoga

This class is suitable for all levels from active beginners to regular members. Beginners Yoga combines breath awareness with mindful focus and simple yoga poses. This class allows the growth of functional strength, flexibility and mindfulness.

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.

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.

Bootcamp

Bootcamp runs outdoors on Wednesdays at 5.30pm and Saturdays at 7.30am. Join us in the group fitness room on Tuesdays at 6.30am. Run by a qualified personal trainer, Bootcamp can include many different exercises that improve your strength, endurance and core strength.

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 Fit

Aqua Fit incorporates toning and strengthening exercises for all muscle groups, including core stabilisation. This class is suitable for all levels as options are provided.

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.

Zumba

Zumba® is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training - alternating fast and slow rhythms - and resistance training.



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