

# LiveWell Members and Strength for Life

## Aqua Aerobics

LiveWell

| Time    | Monday         | Tuesday        | Wednesday       | Thursday       | Friday         | Time    |
|---------|----------------|----------------|-----------------|----------------|----------------|---------|
| 7am     | Hydro Movers * | 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 Fit       |                 |                | Aqua Fit       | 9am     |
| 9.15am  |                |                | Deep Water Aqua | Aqua Movers    |                | 9.15am  |
| 10am    | Aqua           | Aqua *         |                 |                | Aqua           | 10am    |
| 10.15am |                |                |                 | Aqua           |                | 10.15am |

## Group Fitness

LiveWell

| Time    | Monday           | Tuesday              | Wednesday            | Thursday       | Friday               | Saturday   | Sunday               | Time    |
|---------|------------------|----------------------|----------------------|----------------|----------------------|------------|----------------------|---------|
| 6am     |                  |                      | Yoga                 |                |                      |            |                      | 6am     |
| 6.30am  | Yoga             |                      |                      |                |                      |            |                      | 6.30am  |
| 7am     |                  |                      |                      |                | New Functional Fit * |            |                      | 7am     |
| 7.15am  |                  |                      |                      |                |                      | Bootcamp * |                      | 7.15am  |
| 8am     | Functional Fit * | Functional Fit *     | Cardio Sculpt *      | Core Flow      | Core Flow            |            |                      | 8am     |
| 9.15am  |                  |                      |                      |                |                      |            | Intermediate Pilates | 9.15am  |
| 10.30am |                  |                      | 11.10AM START        |                |                      |            | Club Power           | 10.30am |
| 11am    |                  | Fitball Sculpt       | Empowered            |                |                      |            |                      | 11am    |
| 11.30am | Cardio Sculpt *  |                      |                      | Cardio Dance * |                      |            |                      | 11.30am |
| 12pm    |                  | Chiball              | Intermediate Pilates |                | Gentle Flow          |            |                      | 12pm    |
| 12.30pm | Healthy Heart    | 1.10PM START         |                      | Healthy Heart  |                      |            |                      | 12.30pm |
| 1pm     |                  | Intermediate Pilates | Pilates              |                |                      |            |                      | 1pm     |
| 4pm     |                  |                      |                      | Boxing *       |                      |            |                      | 4pm     |

## Cycle Studio

LiveWell

| Time    | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Time    |
|---------|--------|---------|-----------|----------|--------|----------|--------|---------|
| 10.30am |        |         | Spin #    |          |        |          |        | 10.30am |
| 11am    |        | Spin #  |           |          |        |          |        | 11am    |

## Strength for Life

LiveWell

| Time | Monday            | Tuesday           | Wednesday         | Thursday          | Friday            | Time |
|------|-------------------|-------------------|-------------------|-------------------|-------------------|------|
| 11am | Strength for Life | 11am |

See Reception to scan in for classes. Timetable key: #30 minute class. \*45 minute class. All other classes are 60 minutes.

# Warnbro Community Recreation Centre, Okehampton Road, Warnbro

## Group Fitness

LiveWell

| Time    | Monday                   | Tuesday              | Wednesday                  | Thursday                             | Friday    | Saturday   | Sunday                   | Time    |
|---------|--------------------------|----------------------|----------------------------|--------------------------------------|-----------|--|--------------------------|---------|
| 7.30am  |                          |                      | Flow Yoga                  |                                      |           |  |                          | 7.30am  |
| 8.30am  | LES MILLS<br>BODYBALANCE |                      |                            | Power *                              | Circuit # |  |                          | 8.30am  |
| 8.45am  |                          |                      | Freestyle Step             |                                      |           |  |                          | 8.45am  |
| 9am     |                          | Intermediate Pilates |                            | 9.15AM START<br>Intermediate Pilates | Boxing #  |  ZUMBA gold | LES MILLS<br>BODYBALANCE | 9am     |
| 9.30am  | Club Fiesta              |                      |                            |                                      | Flow Yoga |  |                          | 9.30am  |
| 10am    |                          | Flow Yoga            | LES MILLS<br>BODYBALANCE * |                                      |           |  |                          | 10am    |
| 10.30am | Slow Flow Yoga           | 5.15PM START         |                            |                                      |           | Yoga   |                          | 10.30am |
| 5pm     | LES MILLS<br>BODYBALANCE | Intermediate Pilates |                            |                                      |           |  |                          | 5pm     |
| 5.30pm  |                          |                      | Energize *                 | Circuit #                            |           |  |                          | 5.30pm  |
| 6pm     | Club Power               |                      |                            | Slow Flow Yoga                       |           |  |                          | 6pm     |
| 6.15pm  |                          |                      | LES MILLS<br>BODYBALANCE   |                                      |           |  |                          | 6.15pm  |
| 7pm     | Pilates                  |                      |                            |                                      |           |  |                          | 7pm     |

Bookings are essential (online or phone) no more than 72 hours prior and no less than two hours before class start time. Timetable key: #30 minute class. \*45 minute class. All other classes are 60 minutes.