

# TIMETABLE

Commencing May 2025

# LIVWELL MEMBERS AND STRENGTH FOR LIFE

## AQUA CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7am	<b>HYDRO MOVERS</b> *	<b>HYDRO MOVERS</b> *	<b>HYDRO MOVERS</b> *	<b>HYDRO MOVERS</b> *	<b>HYDRO MOVERS</b> *		7am
8am	<b>HYDRO MOVERS</b> *	<b>HYDRO MOVERS</b> *	<b>HYDRO MOVERS</b> *	<b>HYDRO MOVERS</b> *	<b>HYDRO MOVERS</b> *		8am
9am	<b>AQUA FIT</b>	<b>AQUA FIT</b>			<b>AQUA FIT</b>	<b>AQUA FIT</b>	9am
9.15am			<b>AQUA FIT</b>	<b>AQUA MOVERS</b>			9.15am
10am	<b>AQUA</b>	<b>AQUA</b> *			<b>AQUA</b>		10am
10.15am				<b>AQUA</b>			10.15am

## GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6am	<b>YOGA</b>		<b>YOGA</b>					6am
7.15am	<b>6.30am</b>					<b>BOOTCAMP</b>		7.15am
8am	<b>FUNCTIONAL FIT</b> *	<b>FUNCTIONAL FIT</b> *	<b>CARDIO SCULPT</b> *	<b>CORE FLOW</b>	<b>CORE FLOW</b>			8am
9.15am							<b>INTERMEDIATE PILATES</b>	9.15am
10.30am			<b>SPIN</b> #				<b>FREESTYLE PUMP</b>	10.30am
11am		<b>SPIN</b> # <b>FITBALL SCULPT</b>	<b>EMPOWERED</b>					11am
11.30am	<b>CARDIO SCULPT</b> *		<b>11.10am</b>	<b>CARDIO DANCE</b> *				11.30am
12pm		<b>CHIBALL™</b>	<b>INTERMEDIATE PILATES</b>		<b>GENTLE FLOW</b>			12pm
12.30pm	<b>HEALTHY HEARTS</b>			<b>HEALTHY HEARTS</b>				12.30pm
1.10pm		<b>INTERMEDIATE PILATES</b>	<b>PILATES</b>					1.10pm
4pm			<b>1pm</b>	<b>BOXING</b>				4pm

## STRENGTH FOR LIFE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
11am	<b>STRENGTH FOR LIFE</b>	<b>STRENGTH FOR LIFE</b>	<b>STRENGTH FOR LIFE</b>	<b>STRENGTH FOR LIFE</b>	<b>STRENGTH FOR LIFE</b>	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.**



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<b>ChiBall</b>	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.
<b>Cardio Sculpt</b>	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.
<b>Cardio Dance</b>	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.
<b>Fitball Body Sculpt</b>	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.
<b>Hydro Movers</b>	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.
<b>Pilates</b>	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.
<b>Strength for Life</b>	Strength for Life 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.
<b>Healthy Hearts</b>	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.
<b>Spin</b>	Low impact, low intensity spin class to challenge your cardio in a fun filled environment.
<b>Bootcamp</b>	Bootcamp is run by a qualified personal trainer. These sessions can include many different exercises that improve your strength, endurance and core stability.
<b>Aqua</b>	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.
<b>Aqua Movers</b>	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.
<b>Aqua Fit</b>	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.
<b>Empowered</b>	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.
<b>Gentle Flow</b>	Foundational yoga catering to all ability levels. Combining breath awareness with grounding stability and mindful focus. Improve flexibility, strength and balance through self-mastery of foundational poses.
<b>Functional Fit</b>	In this group class you will use weights, bands and bodyweight to build functional strength. Specific instruction is given on how to perform exercises effectively and safely. Suitable for all fitness and ability levels.
<b>Core Flow</b>	A class catering to all ability levels that promotes core and all over body strength, flexibility, postural alignment, balance and stability movements that support healthy back and joints. In this class you will have the option to use toning balls to compliment the strength component of the workout.
<b>Boxing</b>	Boxing utilises all components of functional fitness training to gain improvements in muscular and cardiovascular endurance while also maintaining a high level of aerobic and anaerobic conditioning. Fun and enjoyment using pads and gloves in a group environment.
<b>Freestyle Pump</b>	A strength workout for your entire body. Suitable for all fitness levels.

