

# WARNBRO COMMUNITY RECREATION CENTRE

## GROUP EXERCISE ROOM

Commencing  
February 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7.30am			FLOW YOGA				7.30am
8.30am				POWER *	METAFIT #		8.30am
8.45am			FREESTYLE STEP				8.45am
9am		PILATES					9am
9.15am				PILATES	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE	9.15am
9.30am	ZUMBA gold						9.30am
10am		FLOW YOGA					10am
10.15am					FLOW YOGA		10.15am
10.30am	SLOW FLOW YOGA					YOGA	10.30am
11.30am					ZUMBA gold		11.30am
5.15pm	LES MILLS BODYBALANCE	PILATES					5.15pm
5.30pm			ENERGIZE *	METAFIT #			5.30pm
6pm				LES MILLS BODYBALANCE			6pm
6.15pm	LES MILLS BODYSTEP		LES MILLS BODYBALANCE				6.15pm

60 min classes except: # Denotes 30 min class \*Denotes 45 min class

## WARNBRO COMMUNITY RECREATION CENTRE CLASS DESCRIPTIONS

### LES MILLS BODYBALANCE

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.

### LES MILLS BODYSTEP

In a **BODYSTEP** workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout! Don't worry, there's heaps of options so that everyone leaves feeling successful.

### 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.

**METAFIT** classes combine traditional bodyweight exercises with high-intensity interval training (HIIT) techniques and great music, to set your metabolism and body on fire! Enjoy a full-body workout and feel the burn.

Open to all levels, this class welcomes beginners, intermediate and advanced members, as exercise intensity can be decreased or increased depending on what you're comfortable with.

Bookings essential, please turn over for details.



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**CRÈCHE IS NOT AVAILABLE AT THIS FACILITY.**

#### **FREESTYLE STEP:**

These classes involve exercising on, over and around a height adjustable step to fun sing-along tunes. Cardio tracks push fat-burning systems into high gear followed by muscle conditioning tracks that tone and shape your body.

#### **YOGA:**

These classes are suitable for all levels from active beginners to regular members. Yoga combines breath awareness with mindful focus and simple yoga poses, allowing the growth of functional strength, flexibility and mindfulness.

#### **FLOW YOGA:**

In Flow Yoga we sync the movements of our body with the flow of our breath. The classes are fluid and active, which allows us to open up within, build strength and flexibility with awakening energy. We then completely wind down to release, soften and restore peaceful balance within.

#### **BOXING:**

Boxing utilises all components of functional fitness training to gain improvements in muscular and cardio vascular endurance while also maintaining a high level of aerobic and anaerobic conditioning. Fun and enjoyment using pads and gloves in a group environment. It is recommended to bring your own gloves or inners.

#### **PILATES:**

The Pilates Method is a unique training system using concentration and slow controlled movements to achieve inner strength, physical endurance, muscular tone, flexibility and well-being. Participants must have prior Pilates experience or complete a four week beginners training program at Aqua Jetty before attending these intermediate classes.

#### **ENERGIZE:**

A full body fat burning class, Energize will kick start your metabolism into overdrive. High to low intensity options. Suitable for all levels of fitness.

#### **POWER:**

Power is a full body workout using weights to challenge your whole body, inspiring you to get results fast.

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#### **PLEASE ARRIVE 10 MINUTES EARLY TO CLASSES**

Please bring the following to your class:

- Filled water bottle
- Towel
- Mat (for Body Balance, Pilates and Yoga).

Bookings are essential, please phone **9591 0888** to secure your spot. Bookings to be made no more than 72 hours and no less than two hours before the start of the class.

#### **COMMENCING FEBRUARY 2024**

Classes subject to change.

#### **Warnbro Community Recreation Centre**

Okehampton Rd, Warnbro 6169

