




WARNBRO COMMUNITY RECREATION CENTRE

GROUP EXERCISE ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8.30am		BOXING #		POWER *	ENERGIZE *		8.30am
9am	LES MILLS BODYBALANCE		FREESTYLE STEP				9am
9.15am		PILATES INTERMEDIATE		PILATES INTERMEDIATE	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE	9.15am
10am	CHIBALL		BEGINNERS YOGA				10am
10.15am		LES MILLS BODYBALANCE		 ZUMBA gold	FLOW YOGA	FLOW YOGA	10.15am
11.15am	 ZUMBA gold						11.15am
5pm					POWER *		5pm
5.15pm	LES MILLS BODYBALANCE	PILATES INTERMEDIATE	5.30pm ENERGIZE *	 ZUMBA			5.15pm
6.15pm		ROUNDS *	LES MILLS BODYBALANCE	LES MILLS BODYBALANCE			6.15pm

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

WARNBRO COMMUNITY RECREATION CENTRE CLASS DESCRIPTIONS



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.



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.



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.



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CHIBALL:

The ChiBall Method™ 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.

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.

BEGINNERS YOGA:

These classes are suitable for all levels from active beginners to regular members. Beginners 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.

PILATES INTERMEDIATE:

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.

POWER:

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

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.

BOXING:

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.

ROUNDS:

In this class you will participate in a mixture of cardio and strength based exercises set out for you by our qualified instructor. As you gain fitness and strength quickly from this style of training you will be able to easily track your progress week to week.

PLEASE ARRIVE 10 MINUTES EARLY TO CLASSES

Please bring the following to your class:

- Filled water bottle
- Towel
- Mat (for Body Balance, Chiball, 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 2 hours before the start of the class.

COMMENCING AUGUST 2021

Classes subject to change.

Warnbro Community Recreation Centre

Okehampton Rd, Warnbro 6169