



WARNBRO COMMUNITY RECREATION CENTRE

Commencing February 2025

GROUP EXERCISE ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7.30am			FLOW YOGA					7.30am
8.30am	LES MILLS BODYBALANCE		FREESTYLE STEP	POWER *	CIRCUIT #			8.30am
9am		INTERMEDIATE PILATES	8.45AM START		BOXING #		LES MILLS BODYBALANCE	9am
9.15am				INTERMEDIATE PILATES				9.15am
9.30am					FLOW YOGA			9.30am
10am		FLOW YOGA	LES MILLS BODYBALANCE *					10am
10.30am	SLOW FLOW YOGA					YOGA		10.30am
11.00am								11.00am
5pm	LES MILLS BODYBALANCE							5pm
5.15pm		INTERMEDIATE PILATES						5.15pm
5.30pm			ENERGIZE *	CIRCUIT #				5.30pm
6pm				SLOW FLOW YOGA				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.



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.

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.

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.

SLOW FLOW YOGA:

Slow relaxing, healing flow – release the day, let go of the worries, heal the mind, body and spirit.

BOXING:

Boxing utilises all components of functional fitness training to gain improvements in muscular and cardiovascular endurance. In this class you will use pads and gloves, we recommend bringing your own if you have some.

INTERMEDIATE 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.

CIRCUIT:

Classes combine traditional bodyweight exercises with high-intensity interval training (HIIT). This is a full body workout suitable to all fitness levels.

POWER:

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

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 two hours before the start of the class.

COMMENCING February 2025

Classes subject to change.

Warnbro Community Recreation Centre

Okehampton Rd, Warnbro 6169