

# Baldivis Indoor Sports Complex

**Lifestyle Program Term 1**  
Commencing Monday 22 January  
2024 until Thursday 28 March 2024.

## Lifestyle Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30am	Vinyasa Flow Yoga		Tai Chi Quigong	Interactive Yoga Play Mums and Bubs *	Functional Movement
1pm				Pilates	
5.30pm	Yoga				
Timetable key: (All classes are 60 minutes except where * is noted) * Denotes a 45 minute class					

## Court Sports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9.30am</b> Walking Netball #		<b>8.30am</b> Pickleball ^				<b>4.30pm</b> Pickleball ^
# Denotes 90 minute game. ^Denotes two hour game.						

## Cost

**\$10** per person  
**\$90** per 10 visit multipass  
**\$180** per 20 visit multipass



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In **Vinyasa 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, and build strength and flexibility with awakening energy. We then completely wind down to release, soften and restore peaceful balance within. Please bring a yoga mat to the class.

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**Tai Chi Qigong** is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai Chi is sometimes described as meditation in motion because it promotes serenity through gentle movements connecting the mind and body.

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**Interactive Yoga Play** is a mums and bubs yoga class for postnatal healing and strengthening of the body. Focusing on your breath, while performing a gentle flow of movements and creating a connection with your baby. Suitable for babies from eight weeks old. Please bring a yoga mat and a baby support pillow to class.

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**Functional Movement** is a movement based session that combines upper and lower body moves with good core control and stability to give you a total/full body workout. The exercises are designed to use multiple muscles in smooth continuous movements that enhance your ability to perform everyday tasks and activities. This workout incorporates stamina, strength, balance, flexibility and postural awareness. Please bring a yoga mat to the class.

**Evening Yoga** is a gentle form of yoga, using postures to support the breath. Movements are dynamic before staying to improve range of motion, flexibility, and coordination, and to facilitate moving towards relaxation. Step by step progressions are used and modifications can be given. Suitable for all abilities and fitness levels. Please bring a yoga mat to the class.

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**Day Pilates** is a full body workout that focuses on improving flexibility, strength, and body awareness through controlled movements. Please bring a yoga mat to the class.

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**Walking Netball** is a social and fun game with added warm up and stretch. Teams will be made up on the day.

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**Pickleball** is a racket/paddle sport in which two players (singles), or four players (doubles), hit a perforated hollow plastic ball on a badminton lined court. 15 minute games, with a rotation schedule. Please wear sports attire and bring your own paddle if you have one.

