

Baldivis Indoor Sports Complex

Lifestyle Program Term 2
Commencing Monday 15 April 2024
until Friday 28 June 2024.

Lifestyle Timetable

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

Court Sports

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
8.30am			Pickleball^			
9.30am	Walking Netball#					
4.30pm						Pickleball^
# Denotes 90 minute game ^Denotes two hour game						

Kids Activities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30am		Cub Fitness*			Cub Sports*
* Denotes a 45 minute class					

Please note, classes do not run on public holidays.

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.

Tai Chi Qi Gong 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.

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.

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 incorporates gentle movements and breath work in gentle flow. For strengthening the spine and problem/stressed areas of the body. Transitioning into a vinyasa flow. Adjustments given during class to ensure the integrity of your body within yoga posture. We will finish with guided meditation for relaxation and calming the brain and nervous system.

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.

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

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.

Cub Sports is a class designed to introduce a variety of sports skills from throwing, catching and kicking to working in a team. Building a strong foundation into team sports and coordination.

Cub Fitness is a fun active class, the little cubs will experience four types of exercises within this class; endurance, strength, balance and flexibility.

For more information, contact the centre on 9591 0840.



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