

# CLASS DESCRIPTIONS

**Les Mills Bodypump** The original barbell class - ideal for anyone wanting to get lean, toned and fit. Using light to moderate weights with high repetition focusing on all major muscle groups, burn burn up to 540 calories gaining the results you want, fast. (55, 45, 30 mins variation)  
Fitness Level: Low to High / Co-ordination: Low

**Les Mills Bodycombat** This fiercely energetic cardio workout will leave you feeling totally unleashed. Inspired by Boxing, Kick Boxing, Muay Thai, Tai Kwon Do and Karate, you will burn upwards of 700 calories as you punch and kick your way to full body fitness. (55, 45, 30 mins variation)  
Fitness Level: Low to High / Co-ordination: Medium

**BodySculpt** This aerobic workout utilises weights, benches and tubes and is fantastic for building strength with zero impact on the joints. Each class is varied and engages main muscle groups to tighten and tone the entire body with a focus on the core, glutes and thighs. (55 mins)  
Fitness Level: Low to Medium / Co-ordination: Low to High

**BOOTCAMP** Functional training at its finest. Utilising weights, suspension training, battle ropes and kettlebells these classes are varied with a focus on intensity. Bootcamp can be circuit based, time based, partner based or rep based depending on the focus and programming of our coaches. (30 mins)  
Fitness Level: Medium to High / Co-ordination: Low to Medium

**ZUMBA** Ditch the workout and join the party! Zumba incorporates Latin and International dance rhythms to allow you to completely lose yourself in the beat. Zumba will leave you fit and fabulous as our instructors guide you through easy, effective exhilarating dance movements. (60 mins)  
Fitness Level: Low to High / Co-ordination: Low to High

**CORE** Les Mills CORE is a 30 minute core training class designed to increase your strength, improve posture and develop deep core stability. This class is suitable for all fitness levels and is designed to complement all athletic disciplines. (30 mins)  
Fitness level: Low to High / Coordination: Low to moderate

**H.I.I.T (High Intensity Interval Training)** Constantly varied strength or cardio based workouts done at a high intensity. Each session is tailored by our Personal Trainers to ensure safety and effectiveness. HIIT classes are renowned for getting results. Watch as you become faster, leaner, stronger and fitter. (30 mins)  
Fitness Level: Low to High / Co-ordination: Low to Med

**Teen Active** Our fitness coaches adapt cardiovascular, strength and flexibility programs in a fun, effective and safe environment. This program ensures your child will have sound knowledge and guidance using equipment, participating in group fitness and utilising technique every time. \*This program is not included in a fitness passport membership (30 mins)  
Fitness Level: Low to High / Co-ordination: Low to High

**YOGA** "Yoga" in the Western world often denotes exercise, with poses called asanas. Our yoga professionals will guide you through 3 main elements – exercise, breathing and meditation to help you connect with body, mind and spirit. (55 mins)  
Fitness Level: Low / Co-ordination: Low

**Les Mills GRIT** LES MILLS GRIT™ SERIES is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Available as GRIT™ STRENGTH, GRIT™ CARDIO or GRIT™ ATHLETIC this workout uses barbell, weight plate and body weight exercises to blast all major muscle.  
Fitness Level: High / Co-ordination: Medium to high

**Gold Active** Gentle exercise designed for our active older clients. Gold active is a low impact, fun and safe workout designed to keep you moving well into your glory years. Focusing on movement and strength, Gold active is for all levels of fitness.  
Fitness Level: Low / Coordination: Low
































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Monday - Friday 5:00am - 10:00pm  
Saturday and Sunday 7:00am - 6:30pm  
Public Holidays 7:00am – 6:30pm



**MICHAEL CLARKE  
RECREATION  
CENTRE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	 <b>STEP</b> Alecia (45)	 <b>LES MILLS BODYPUMP</b> Alecia (45)	 <b>LES MILLS BODYCOMBAT</b> Karola (45)	 <b>LES MILLS GRIT</b> Alecia (30)	 <b>BOOT CAMP</b> Mano (30)	
6:30am	 <b>LES MILLS CORE</b> Alecia (30)			 <b>LES MILLS CORE</b> Alecia (30)		
8:30am		 <b>YOGA</b> Jo (60)				
9am	 <b>BOOT CAMP</b> Gwen (30)	 <b>BOOT CAMP</b> Gwen (30)	<b>ABT</b> Chris (30)	 <b>HIIT</b> Chris (30)	 <b>LES MILLS CORE</b> Alecia (30)	 <b>LES MILLS BODYPUMP</b> Mel (60)
9:30am	 <b>LES MILLS BODYPUMP</b> Mel (60)	 <b>LES MILLS BODYCOMBAT</b> Alecia (45)	 <b>LES MILLS BODYPUMP</b> Chris (60)	 <b>BODY SCULPT</b> Chris (60)		
5:30pm	 <b>LES MILLS GRIT</b> Karola (30)		 <b>STEP</b> Jo (60)	 <b>LES MILLS BODYCOMBAT</b> May (45)	 <b>STEP</b> Jo/ Alecia(45)	
6pm	 <b>BODY SCULPT</b> Chris (60)	 <b>HIIT</b> Chris (30)				
6:30pm		 <b>LES MILLS BODYPUMP</b> Chris (45) – 6:45PM	 <b>ZUMBA</b> Jo (45)	 <b>LES MILLS BODYPUMP</b> Jo (60)		
7pm	<b>DANCE!</b> Chris (45)		 <b>ZUMBA</b> Jo (45) – 7:15PM			
7:30pm	 <b>ZUMBA</b> ZOOM Live w TRISH			 <b>YOGA</b> Christina (60)		

\*Closed Good Friday and Christmas Day

#### GROUP FITNESS:

Please ensure you book in for classes and bring a towel, water bottle and mat if required.

Please notify the instructor if you are pregnant or Injured so exercises may be modified to suit your needs.

#### TEEN ACTIVE:

Runs Monday, Wednesday and Friday 5pm-6pm