

CLASS DESCRIPTIONS

BODY ATTACK A cardiovascular interval training program combining high intensity aerobic, strength, and stabilisation exercises. Build strength and stamina with dynamic squats and lunges. Tone abs, glutes, and back with specific isolation exercises. High energy class.

BODY BALANCE Calm Yoga based class which includes Tai Chi and Pilates. Strengthen muscles, improve posture, gain flexibility, and experience relaxation / meditation with beautiful music.

BODY COMBAT Fun workout incorporating moves from martial arts and boxing. Fight for your fitness and burn loads of calories. Suitable for all fitness levels.

BODY PUMP Light weights with music. Easy to follow moves and resistance training. Tone and condition all muscle groups. Suitable for all fitness levels.

BODY STEP Cardio and athletic step class using a step bench. Great music and easy to follow moves. Ultimate leg and butt workout to burn tons of calories.

CX WORX Ideal for tightening abdominal / core / back / butt muscles. Improves functional strength and assists with injury prevention. Suitable for all fitness levels.

FREESTYLE STEP Great fat burning workout using a step for toning legs and butt. High complexity choreographed class for all fitness levels.

BOXING FITNESS Partner / pad boxing workout using boxing gloves and focus mitts. Includes high intensity training exercises to increase fitness levels eg running, sprints, squats, and push ups.

YOGA Gain strength, flexibility, and calm within. Poses assist injury prevention. Relaxation and meditation at the end of each session.

SENIORS PROGRAM Suitable for people over 60 years of age to improve mobility, strength, and reduce the risk of falls. Enjoy the company of other participants, and be supervised by qualified instructors who understand your needs.

SH'BAM Fun dance party workout. No dance experience required. Suitable for all fitness levels.

CYCLE STUDIO

CYCLE Freestyle indoor cycle class. Work out, increase cardio fitness, burn calories, and tone leg and butt muscles while listening to popular music.

RPM EXPRESS 45 minutes of indoor cycling designed to smash calories and burn body fat.

RPM EXTREME 60 minutes of indoor cycling which will boost cardio fitness, leg strength, and muscular endurance. Shape and tone legs and butt while burning body fat.

SPRINT 30 minute high intensity interval training (HIIT) workout using an indoor bike to achieve fast results. Drives your body to burn calories for hours.

HIIT CYCLE High intensity interval training and Tabata style indoor cycle session.

Burn up to 800 calories in Cycle and RPM classes

GROUP FITNESS GUIDELINES

- For safety reasons, and courtesy to participants, patrons are not permitted to enter a class after 5 minutes.
- As a condition of entry to all group fitness classes, participants must register to participate in classes at reception, obtain a valid session ticket, and deliver the ticket to the instructor.
- Please bring a water bottle, sweat towel, and correct training shoes to all classes.
- Please advise the instructor if you are new, pregnant, or have any health issues.
- Participants must be 13 years and older for all classes. Exception is 15 years and older for Body Pump sessions.
- Children are not permitted to enter group fitness studios and exercise areas. If you have children, please book them in to the FREE crèche, or holiday program, before the commencement of the class.
- Most classes are 60 minutes in duration. Please check the individual class descriptions and timetable for class time information.
- Group Fitness timetable may be subject to change.

HEALTH CLUB OPENING HOURS

MONDAY TO FRIDAY 5:30AM TO 9:00PM

SATURDAY 8:00AM TO 6:00PM

SUNDAY 8:30AM TO 5:30PM

LOFTUS
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**GROUP
FITNESS
TIMETABLE**

LOFTUS
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GROUP FITNESS STUDIO

GROUP FITNESS STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM	BODY PUMP	YOGA (60 MIN)	BODY PUMP	YOGA (60 MIN)	BODY PUMP		
8.30AM						BODY COMBAT	
9.30AM	BODY PUMP	BODY BALANCE	BODY PUMP	BODY BALANCE	BODY PUMP	BODY STEP	FREESTYLE STEP
10.30AM	SENIORS PROGRAM		CX WORX (45 MIN)		BODY BALANCE	BODY PUMP	BODY BALANCE
	YOGA (60 MIN)		SENIORS PROGRAM		SENIORS PROGRAM	YOGA - HATHA (90 MIN)	
11.00AM							YOGA - HATHA (90 MIN)
4.30PM	BODY COMBAT		BODY PUMP		BODY PUMP		
5.30PM	BODY STEP	CX WORX	BODY STEP				
6.00PM		BODY BALANCE	YOGA (90 MIN)	BODY BALANCE			
6.15PM	YOGA (90 MIN)						
6.30PM	CX WORX	BODY PUMP	SH'BAM	BODY PUMP			

CYCLE STUDIO

6.00AM		RPM	HIIT CYCLE (45 MIN)	RPM EXPRESS	RPM EXPRESS (45 MIN)		
8.30AM						RPM EXPRESS (45 MIN)	
9.00AM		RPM EXPRESS (45 MIN)		RPM EXPRESS			
9.30AM	RPM EXPRESS (45 MIN)				CYCLE (45 MIN)		
5.30PM	RPM EXTREME (60 MIN)						