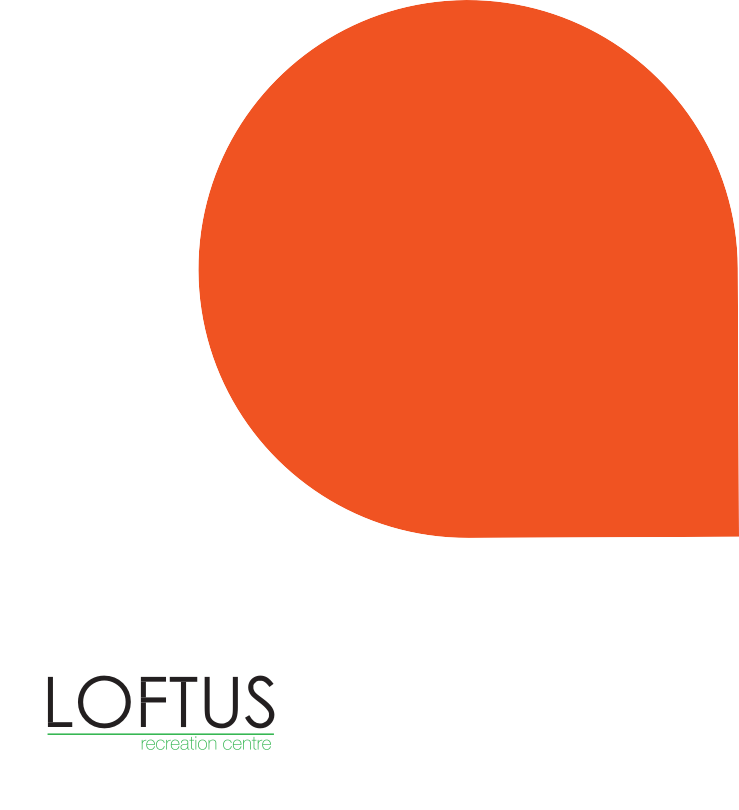
## CLASS DESCRIPTIONS



**GROUP**

**FITNESS**

**TIMETABLE**

BODY ATTACK A cardiovascular interval training program com- bining 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 work- out 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.

ACTIVE ADULTS 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 re- quired. Suitable for all fitness levels.

## CYCLE STUDIO

CYCLE Freestyle indoor cycle class. Work out, increase cardio fit- ness, 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.

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 class- es. Exception is 15 years and older for Body Pump sessions.
* Children are not permitted to enter group fitness stu- dios 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**



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**CYCLE STUDIO**

**GROUP FITNESS STUDIO**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 6.00AM |  | **YOGA (60 MIN)** |  | **YOGA (60 MIN)** |  |  |  |
| 8.30AM |  |  |  |  |  |  |  |
| 9.30AM |  |  |  |  |  |  | **FREESTYLE STEP** |
| 10.30AM | **YOGA (60 MIN)** |  |  |  |  |  |  |
| **ACTIVE ADULTS** | **ACTIVE ADULTS** | **ACTIVE ADULTS** | **YOGA – HATHA (90 MIN)** |
| 11.00AM |  |  |  |  |  |  | **YOGA – HATHA (90 MIN)** |
| 4.30PM |  |  |  |  |  |  |  |
| 5.30PM |  |  |  |  |  |  |  |
| 6.00PM |  |  | **YOGA (90 MIN)** |  |  |  |  |
| 6.15PM | **YOGA (90 MIN)** |  |  |  |  |  |  |
| 6.30PM |  |  |  |  |  |  |  |
|  | | | | | | | |
| 6.00AM |  | **SPIN** | **HIIT CYCLE (45 MIN)** |  |  |  |  |
| 8.30AM |  |  |  |  |  |  |  |
| 9.00AM |  |  |  |  |  |  |  |
| 9.30AM |  |  |  |  | **CYCLE (45 MIN)** |  |  |
| 5.30PM | **(60 MIN)** |  |  |  |  |  |  |