

# GROUP FITNESS TIMETABLE

STOP making resolutions  
& just START something!

| GROUP FITNESS |                      |                    |                    |               |                    |                       |                    |
|---------------|----------------------|--------------------|--------------------|---------------|--------------------|-----------------------|--------------------|
| TIME          | MONDAY               | TUESDAY            | WEDNESDAY          | THURSDAY      | FRIDAY             | SATURDAY              | SUNDAY             |
| 6.15 am       |                      |                    | Cardio Boxing      |               | Cardio Boxing      |                       |                    |
| 8.00 am       |                      |                    |                    |               |                    | LES MILLS BODYBALANCE | Yoga               |
| 8.10 am       |                      | Fit & Fabulous     |                    |               | Fit & Fabulous     |                       |                    |
| 8.30 am       | Sculpt               |                    |                    | Sculpt        |                    |                       |                    |
| 9.00 am       |                      |                    |                    |               | Cardio Boxing      | LES MILLS BODYPUMP    |                    |
| 9.30 am       | LES MILLS BODYPUMP   | Cardio Boxing      | LES MILLS BODYPUMP | BARRE         |                    |                       | LES MILLS BODYPUMP |
| 10.00 am      |                      |                    |                    |               | LES MILLS BODYPUMP | LES MILLS BODYCOMBAT  |                    |
| 10.30 am      | Pilates              | Pilates            | Yoga               | ZUMBA fitness |                    |                       | Pilates            |
| 11.00 am      |                      |                    |                    |               | Pilates            | Yoga                  |                    |
| 11.30 am      |                      | ZUMBA fitness      |                    | Yoga          |                    |                       |                    |
| 3.30 pm       |                      |                    |                    |               |                    | ZUMBA fitness         |                    |
| 4.30 pm       |                      |                    |                    |               |                    |                       |                    |
| 5.30 pm       | BARRE                | LES MILLS BODYPUMP | ZUMBA fitness      | Pilates       | ZUMBA fitness      |                       |                    |
| 6.30 pm       | LES MILLS BODYCOMBAT | BARRE              | Cardio Boxing      | BARRE         |                    |                       |                    |
| 7.30 pm       | ZUMBA fitness        | Mind&Body Yoga     |                    |               |                    |                       |                    |

| CYCLE STUDIO |        |         |           |          |        |          |        |
|--------------|--------|---------|-----------|----------|--------|----------|--------|
| TIME         | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 6.15 am      |        | Cycle   |           | Cycle    |        |          |        |
| 8.00 am      |        |         |           |          |        | Cycle    |        |
| 9.30 am      |        |         |           | Cycle    |        |          |        |
| 5.30 pm      | Cycle  |         |           |          |        |          |        |
| 6.30 pm      |        |         | Cycle     |          |        |          |        |

| POOL     |               |               |               |               |               |               |               |
|----------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| TIME     | MONDAY        | TUESDAY       | WEDNESDAY     | THURSDAY      | FRIDAY        | SATURDAY      | SUNDAY        |
| 9.00 am  |               | Aqua Aerobics |               | Aqua Aerobics |               | Aqua Aerobics |               |
| 9.30 am  | Aqua Aerobics |               | Aqua Aerobics |               | Aqua Aerobics |               | Aqua Aerobics |
| 10.00 am |               | Aqua Aerobics |               | Aqua Aerobics |               | Aqua Aerobics |               |
| 7.00 pm  | Aqua Aerobics |               | Aqua Aerobics |               |               |               |               |

| FUNCTIONAL TRAINING |        |         |           |          |        |          |        |
|---------------------|--------|---------|-----------|----------|--------|----------|--------|
| TIME                | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 6:05 am             | FX30   |         |           | FX30     |        |          |        |
| 6:40 am             | FX30   |         |           | FX30     |        |          |        |
| 8:30 am             |        |         |           |          |        | FX30     | FX30   |
| 9:30 am             | FX30   |         | FX30      |          |        |          |        |
| 12:30 pm            |        | FX30    |           | FX30     |        |          |        |
| 5:45 pm             |        |         | FX30      |          |        |          |        |
| 6:00 pm             | FX30   |         |           | FX30     |        |          |        |
| 6:20 pm             |        |         | FX30      |          |        |          |        |

| REFORMER PILATES |        |         |           |          |        |          |        |
|------------------|--------|---------|-----------|----------|--------|----------|--------|
| TIME             | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 9.00 am          |        |         | Basic     |          |        |          |        |
| 10.00 am         |        | Basic   |           |          |        |          |        |
| 5.00 pm          |        |         |           | Basic    |        |          |        |

We also have a 10 week course consisting of 10 x 1 hour Reformer Pilates classes. For more information and how to book please visit [www.lanecoveaquatic.com.au/reformer-pilates](http://www.lanecoveaquatic.com.au/reformer-pilates)

| UPCOMING PUBLIC HOLIDAYS |           |            |
|--------------------------|-----------|------------|
| Monday 2nd October       | 8am - 6pm | No Classes |

Check [www.lanecoveaquatic.com.au](http://www.lanecoveaquatic.com.au) regularly for public holiday operating times and classes

View timetable online [www.lanecoveaquatic.com.au](http://www.lanecoveaquatic.com.au)

# CLASS DESCRIPTIONS

## Aqua Aerobics

Great interval workout for anyone, using minimum impact moves to develop strength & fitness. Burn an unbelievable amount of calories and most of all enjoy yourself and have fun

## BARRE

A 45 minute class using a Ballet Barre, BARRE mixes Dance, Pilates & Yoga for a total body workout.

## Cardio Boxing

High intensity interval workout using a combination of boxing drills, cardiovascular and muscular conditioning exercises, focusing on fitness rather than coordination.

## Cycle

A high intensity freestyle cycle class to powerful music for the ultimate training effect. No impact & no complexity — just all out calorie burning.



Pre-choreographed Les Mills class combining elements of boxing, karate, kung fu, capoeira & other martial arts. This non-contact workout to exhilarating music helps to improve your cardiovascular fitness, burns loads of calories & is suitable for all fitness levels.



Pre-choreographed Les Mills class performed to fun music, using barbells & adjustable weight plates to deliver the fastest way to tone & condition your muscles. Definitely suitable for all ages & fitness levels.



Pre-choreographed Les Mills class combining elements of yoga, pilates, stretching, tai chi & meditation. This class helps to lengthen muscle, release tension & leave you with an overall sense of balance & calm.

## Sculpt

A moderate intensity freestyle workout that combines cardiovascular training and muscle toning. Using a variety of exercises to shape and tighten the whole body. Suitable to all ages and fitness levels.

## Pilates

Tone your body by combining movement & breathing to develop core stability & strength. This class also helps to improve your flexibility & overall energy levels.

## Fit & Fabulous

A low impact exercise class that increases fitness levels through a range of exercises that work the entire body, strengthening muscles and bones. All ages and fitness levels welcome.

## Yoga

Combination of gentle movements/poses that will help to develop flexibility, range of movement & create balance between your body & mind. Suitable to the elderly participant.



ZUMBA is a fusion of Latin and International dance themes that create a dynamic, exciting and effective fitness system! The routines feature interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt your body while burning fat.

## Mind & Body Yoga

Ideal for those seeking stress relief while simultaneously promoting strength, fitness and balanced energy levels. A broad holistic class designed to promote the union and integration of Mind and Body. Our classes are informative, co-operative, explorative and fun.

## FX30

30 minutes of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes

## Reformer Basic

Reformer Pilates involves the use of a Pilates reformer machine to give a more intense and dynamic workout than mat based Pilates. 30 minute introductory classes free for all members. No booking required.

# GROUP FITNESS TIMETABLE



## HEALTH CLUB OPENING HOURS

|                 |                  |
|-----------------|------------------|
| MON - THU       | 6.00am - 10.00pm |
| FRIDAY          | 6.00am - 9.00pm  |
| SAT - SUN       | 6.00am - 6.30pm  |
| PUBLIC HOLIDAYS | 8.00am - 6.00pm  |

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