

# GROUP FITNESS TIMETABLE

GROUP FITNESS							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15 am			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			
11.45 am	Pilates						
3.30 pm						ZUMBA fitness	
4.30 pm				Dance Fitness			
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		ZUMBA fitness			

FUNCTIONAL TRAINING							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:05 am	FX30	FX30		FX30	FX30		
6:40 am	FX30			FX30			
8:15 am						FX30	FX30
8:50 am						FX30	FX30
9:30 am	FX30		FX30				
10:00 am			ABT		ABT		
12:30 pm		FX30		FX30			
6:00 pm	FX30	ABT	FX30	FX30			

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

STOP making resolutions  
& just START something!

CYCLE STUDIO							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15 am		Cycle		Cycle			
8.00 am						Cycle	
9.30 am				Cycle			
6.00 pm	Cycle						

POOL							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.30 am	Aqua Aerobics		Aqua Aerobics				Aqua Aerobics
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				

REFORMER PILATES							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00 am			Basic				
10.00 am	Basic	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)

# CLASS DESCRIPTIONS

<b>Aqua Aerobics</b>	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
<b>BARRE</b>	A 45 minute class using a Ballet Barre, BARRE mixes Dance, Pilates & Yoga for a total body workout.
<b>Cardio Boxing</b>	High intensity interval workout using a combination of boxing drills, cardiovascular and muscular conditioning exercises, focusing on fitness rather than coordination.
<b>Cycle</b>	A high intensity freestyle cycle class to powerful music for the ultimate training effect. No impact & no complexity — just all out calorie burning.
 <b>LES MILLS BODYCOMBAT</b>	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.
 <b>LES MILLS BODYPUMP</b>	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.
 <b>LES MILLS BODYBALANCE</b>	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.
<b>Sculpt</b>	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.
<b>Pilates</b>	Tone your body by combining movement & breathing to develop core stability & strength. This class also helps to improve your flexibility & overall energy levels.
<b>Fit &amp; Fabulous</b>	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.
<b>Yoga</b>	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.
 <b>ZUMBA fitness</b>	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.
<b>Mind &amp; Body Yoga</b>	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.
<b>FX30</b>	30 minutes of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes
<b>Reformer Basic</b>	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.
<b>ABT</b>	ABT stands for Abs, Butt and Thighs. This class will help you shrink and define your tummy, waistline, hips, thighs and buttocks in an intense 30 minute class.
<b>DANCE FITNESS</b>	Dance Fitness is a 1 hour choreographed dance class that incorporates cardio fitness with different styles of dance including hip hop, commercial, JFH and more. If you are looking for a fun and groovy workout and want to learn some new moves then this is the class for you!

## HEALTH CLUB OPENING HOURS

<b>MON - THU</b>	<b>6.00am - 10.00pm</b>
<b>FRIDAY</b>	<b>6.00am - 9.00pm</b>
<b>SAT - SUN</b>	<b>6.00am - 6.30pm</b>
<b>PUBLIC HOLIDAYS</b>	<b>8.00am - 6.00pm</b>

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LANE COVE AQUATIC LEISURE CENTRE

JUL - SEP '18

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