

CLASS DESCRIPTIONS

LES MILLS BODYPUMP	Get lean, build strength and tone muscle with <i>Body Pump</i> , a science-backed bar-bell workout that trains all your major muscle groups.
LES MILLS BODYBALANCE	Ideal for all fitness levels, Body Balance is a yoga-based class that will help improve your mind, your body and your life
DANCE FIT	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.
LES MILLS RPM	Ride to the rhythm of powerful music. Take on the terrain of hills, flats, intervals and more.
ABS & STRETCH	A class designed to tone your abs and improve your core strength. It includes various abdominal exercises and is followed by 30 minutes of stretching to ensure you are feeling flexible and energized.
FT30	30 minutes of intense functional training incorporating equipment such as battle ropes, TRX and plyometric boxes.
PILATES	Tone your body by combining movement and breathing to develop core stability and strength.
POWER BAR	Power Bar is a low impact workout using specially designed barbells. This class is perfect for toning and conditioning your body whilst working your cardiovascular system at the same time.
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.
SPIN	Spin is similar to Les Mills RPM, however our instructors have created their own playlist of songs and choreography to give you even more variety (45 mins)
YOGA	Yoga is an ancient art form that helps you cultivate your physical, emotional, mental and social wellbeing through breathing, movements and meditation
BOXING	Take the stress out of the day and melt the calories away as you hit, punch and kick your way to fitness
 Strength for Life	A progressive strength training and exercise program designed for people over 50 (40+ for Aboriginal or Torres Strait Islanders) to promote physical and mental health. A doctors referral and in-centre appraisal is required prior to participation.
Silver Sneakers	A great class for older adults, increase your strength, flexibility, bone density and fitness.

Morley

Sport & Recreation Centre

GROUP FITNESS TIMETABLE



PLEASE NOTE: Classes are subject to change without notice

Phone: 9375 3529

12 Wellington Road, Morley 6062

www.bayswaterrecreation.com.au

OPENING TIMES

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MONDAY - FRIDAY	5:30am—9pm	8:30am - 11:30am
WEEKENDS	8am—6pm	Closed
PUBLIC HOLIDAYS	10am—4pm	Closed

Group Fitness Timetable

Morley
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TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am		LES MILLS BODYPUMP	Bootcamp	SPIN			
8:00am					YOGA	SPIN	
8:30am	SILVER SNEAKERS	SILVER SNEAKERS	SILVER SNEAKERS				LES MILLS BODYBALANCE
9:00am				PILATES		LES MILLS BODYPUMP	
9:15am	YOGA	YOGA					
9:30am	Power Bar	Sculpt FT30	SPIN YOGA	FT30	LES MILLS BODYPUMP		
10:00am				Abs & Stretch		LES MILLS BODYBALANCE	
10:30am	BOXING	PILATES	Dance Fit		Foam Roller/Stretch		
11:00am	Strength for Life	Strength for Life	Strength for Life	Strength for Life	Strength for Life		
11:30am	Dance Fit				Dance Fit		
5:00pm	HIIT	BOXING	LES MILLS BODYPUMP	BOXING LES MILLS RPM			
5:30pm		YOGA (90 MINS)	FT30				
6:00pm			SPIN	Lean & Mean			
6:15pm							
7:00pm	YOGA						