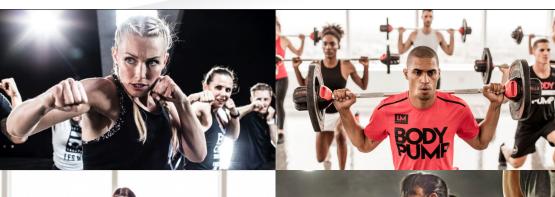
CLASS DESCRIPTIONS LesMills Get lean, build strength and tone muscle with Body Pump, a science-backed barbell workout that trains all your major muscle groups. LesMills Ideal for all fitness levels, Body Balance is a yoga-based class that will help improve your mind, your body and your life Dance Fitness is a 1-hour choreographed dance class that incorporates cardio **DANCE FITNESS** fitness with different styles of dance including hip hop, commercial, JFH and more. A class designed to tone your abs and improve your core strength. It includes **ABS & STRETCH** various abdominal exercises and is followed by 30 minutes of stretching to ensure you are feeling flexible and energized. Tone your body by combining movement and breathing to develop core stability **PILATES** and strength. Power Bar is a low impact workout using specially designed barbells. This class is **POWER BAR** perfect for toning and conditioning your body whilst working your cardiovascular system at the same time. A moderate intensity freestyle workout that combines cardiovascular training and SCULPT muscle toning, using a variety of exercises to shape and tighten the whole body. Yoga is an ancient art form that helps you cultivate your physical, emotional, YOGA mental and social wellbeing through breathing, movements and meditation Take the stress out of the day and melt the calories away as you hit, punch and **BOXING** kick your way to fitness The Strength for Life program promotes health and well-being amongst people Strength for Life over 50 and 40 for Aboriginal or Torres Strait Islanders, through strength training programs run by accredited fitness providers. A great class for older adults, increase your strength, flexibility, bone density and **Silver Sneakers**

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

Moriey 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

Group Fitness Timetable



TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
8:00am					YOGA	Lesmills BODYPUMP	
8:30am	SILVER SNEAKERS	SILVER SNEAKERS	SILVER SNEAKERS				LESMILLS BODYBALANCE
9:00am				PILATES			
9:15am	YOGA	YOGA					
9:30am	Power Bar	Sculpt	YOGA		LesMILLS BODYPUMP		
10:00am				Abs & Stretch		LESMILLS BODYBALANCE	
10:30am	BOXING	PILATES	Dance Fit		Foam Roller /Stretch		
11:00am							
11:30am	Dance Fit				Dance Fit		
5:00pm	HIIT	BOXING	LesMILLS BODYPUMP	BOXING			
5:30pm		YOGA (90 MINS)					
7:00pm	YOGA						