


CLASS DESCRIPTIONS

LES MILLS BODYPUMP	Get lean, build strength and tone muscle with <i>Body Pump</i> , a science-backed barbell workout that trains all your major muscle groups.
LES MILLS BODYBALANCE	Ideal for all fitness levels, <i>Body Balance</i> is a yoga-based class that will help improve your mind, your body and your life
DANCE FITNESS	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.
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.
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.
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	The Strength for Life program promotes health and well-being amongst people over 50 and 40 for Aboriginal or Torres Strait Islanders, through strength training programs run by accredited fitness providers.
Silver Sneakers	A great class for older adults, increase your strength, flexibility, bone density and fitness.

OPENING TIMES

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

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

Group Fitness Timetable

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

1x Strength for Life Class per Week to be included in timetable - Time & Date TBC