


## Class Descriptions

<b>LES MILLS BODY PUMP</b>	Get lean, build strength and tone muscle with Body Pump, a science-backed barbell workout that trains all major muscle groups.
<b>LES MILLS BODY BALANCE</b>	Ideal for all fitness levels, Body Balance is a yoga-based class that will help improve your mind, your body and your life
<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.
<b>STRETCH</b>	This 60 minute class is designed to improve you flexibility, mobility and posture as well as stretch and relieve your muscles. A relaxation component is incorporated at the end of the class.
<b>PILATES</b>	Tone your body by combining movement and breathing to develop core stability and strength.
<b>POWER BAR</b>	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.
<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.
<b>YOGA</b>	Yoga is an ancient art form that helps you cultivate your physical, emotional, mental and social wellbeing through breathing, movements and meditation
<b>BOXING</b>	Take the stress out of the day and melt the calories away as you hit, punch and kick your way to fitness
 <b>Strength for Life</b>	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.
<b>Silver Sneakers</b>	A great class for older adults, increase your strength, flexibility, bone density and fitness.

### OPENING TIMES

<b>MONDAY - FRIDAY</b>	7:30am-10pm
<b>WEEKENDS</b>	7:30am-6pm
<b>PUBLIC HOLIDAYS</b>	10am-4pm

# Morley

Sport & Recreation Centre

## GROUP FITNESS TIMETABLE



PLEASE NOTE: Classes are subject to change without notice














**Phone: 9375 3529**

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

# Group Fitness Timetable

**Morley**  
Sport & Recreation Centre

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
8:00am				SILVER SNEAKERS	 YOGA	<b>LES MILLS BODY PUMP</b>	
8:30am	SILVER SNEAKERS	SILVER SNEAKERS	SILVER SNEAKERS				<b>LES MILLS BODY BALANCE</b>
9:00am				 PILATES		<b>LES MILLS BODY BALANCE</b>	
9:15am	 YOGA	 YOGA					
9:30am		Sculpt	 YOGA		<b>LES MILLS BODY PUMP</b>		
10:00am				Stretch			
10:30am	 BOXING	 PILATES	Dance Fit		Foam Roller /Stretch		
11:30am	Dance Fit				Dance Fit		
12:00pm		 Strength for Life					
5:00pm	 <b>HIIT</b> 30 Min	 BOXING	<b>LES MILLS BODY PUMP</b>	 BOXING			
5:30pm		 YOGA (90 MINS)					
7:00pm	 YOGA						