

Class Descriptions

LES MILLS BODY PUMP	Get lean, build strength and tone muscle with Body Pump, a science-backed barbell workout that trains all major muscle groups.
LES MILLS BODY BALANCE	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	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.
STRETCH	This 60 minute class is designed to improve your flexibility, mobility and posture as well as stretch and relieve your muscles. A relaxation component is incorporated at the end of the class.
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

MONDAY - FRIDAY	7:30am-10pm
WEEKENDS	7:30am-6pm
PUBLIC HOLIDAYS	10am-4pm

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

Morley
Sport & Recreation Centre

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
8:00am				SILVER SNEAKERS	 YOGA	LES MILLS BODYPUMP	
8:30am	SILVER SNEAKERS	SILVER SNEAKERS	SILVER SNEAKERS				LES MILLS BODYBALANCE
9:00am				 PILATES		LES MILLS BODYBALANCE	
9:15am	 YOGA	 YOGA					
9:30am		Sculpt	 YOGA		LES MILLS BODYPUMP		
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	 HIIT 30 Min	 BOXING	LES MILLS BODYPUMP	 HIIT			
5:30pm		 YOGA (90 MINS)					
7:00pm	 YOGA						