

RENOVATION "INTERIM" TIMETABLE

from THURSDAY 15 June

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00am	CIRCUIT 45	LES MILLS RPM 45	LES MILLS BODY PUMP 45	LES MILLS RPM 45	CIRCUIT 45	
6.00am		pilates 45				
CRECHE	9.00 - 11.30am	9.00 - 10.45am	9.00 - 11.15am	9.00 - 11.30am	9.00 - 11.30am	
9.15am	CIRCUIT 60	LES MILLS RPM 30	YOGA 60	LES MILLS RPM 30	LES MILLS BODY PUMP 60	LES MILLS BODY PUMP 60
10.00am		LES MILLS BODY PUMP 45		LES MILLS CXWORX 30		pilates 60
10.30am	LES MILLS BODY BALANCE 60		LES MILLS BODYSTEP CLASSIC 45	LES MILLS BODY BALANCE 60	LES MILLS BODY BALANCE 60	LES MILLS RPM 45
						LES MILLS CXWORX 30
4.30pm	LES MILLS BODY PUMP 45		LES MILLS BODY BALANCE 60	BOX FIT 45		LES MILLS BODY BALANCE 60
4.45pm		LES MILLS CXWORX 30			LES MILLS BODYSTEP CLASSIC 30	
5.30pm	LES MILLS CXWORX 30	LES MILLS BODYSTEP CLASSIC 60	pilates 60	YOGA 75	LES MILLS CXWORX 30	
5.40pm	LES MILLS RPM 30		LES MILLS RPM 30			
6.00pm	LES MILLS BODY BALANCE 60					
6.30pm		LES MILLS BODY BALANCE 60				
7.00pm			MEDITATION 60			
MEDITATION - FREE class open to the public						
						9965 5885
						60 Fitzgerald Street Geraldton
						CLOSED PUBLIC HOLIDAYS

LES MILLS

The original weights class that builds strength, tones your body and pushes you to the limit every time. Be strong.

BODY PUMP

RESULTS: increases strength and endurance, tones and shapes, helps maintain bone health.

LES MILLS

The fast-paced, explosive Step workout that will leave you upbeat and ready for more. Feel alive.

BODYSTEP CLASSIC

RESULTS: improves heart and lung fitness, improves agility and coordination, increases strength and endurance.

LES MILLS

Indoor cycling cardio set to music that will get your pulse racing. Get results faster. You choose your pace and how hard you ride.

RPM

RESULTS: improves heart and lung fitness, increases strength, power and endurance.

LES MILLS

A scientifically-based workout that challenges you to build and maintain a better shaped and functioning core.

CXWORX

RESULTS: tightens and tones core muscles, improves functional strength for balance, mobility and injury prevention.

LES MILLS

A Yoga, Tai Chi and Pilates inspired workout that leaves you long, strong, centered and calm. Feel balanced.

BODY BALANCE

RESULTS: improves joint flexibility and range of motion, tones and shapes, enhances mental wellbeing.

BOX FIT

Boxing is a great way to get in shape and transform your body because it includes short, intense bouts of high-energy activity. It reshapes muscles, burns tons of calories and elevates metabolism in a way no other workout can, using boxing gloves and focus pads. Get fit and punch it out!

 **pilates**

Pilates will give you an all round workout, tone your body as well as improve your core strength and flexibility. Newcomers to the Pilates method will learn the basic techniques which will lead to a changed body awareness and understanding of exercise.

YOGA

Yoga is a means of balancing and harmonising the body, mind and emotions and is a tool that allows us to withdraw from the chaos of the world and find a quiet space within. To achieve this, yoga uses movement, breath, posture, relaxation and meditation in order to establish a healthy, vibrant and balanced approach to living.

CIRCUIT

Circuit training typically consists of a series of exercises or stations completed in succession with minimal rest in between. A well-designed circuit provides a balanced workout that targets all the muscle groups and builds cardiovascular endurance.

 **MEDITATION**

Rest your body and calm your thoughts. This class includes 'sukshma viayam' and pranayama - light exercises and breathing techniques to prepare and bring focus to your body and mind. Classes will vary with a range of meditation techniques being introduced. Most classes will include a fully guided 'Yoga Nidra' session (a state of dynamic sleep). These skills will enable you to develop your own practice to support and manage your wellbeing. Namaste!