



# Beaton Park Leisure Centre

shaping your future



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## Group Exercise Classes

### Active Seniors

Gentle exercises including strength work with hand weights, steps, cross-training and stretch.

### Active Seniors Aquarobics

Gentle water exercises and swimming with flippers in shallow and middle depth water - the varied exercises provide a non-strenuous all-round workout.

### Active Seniors Circuit

A series of cardio, strength and boxing exercise stations with varying intensity options.

### Lite Pace

A low to moderate intensity aerobic workout with hand weights, step and cross training that will improve body strength, balance, rhythm, coordination and endurance.

### Aquarobics

Exercises in water - a great way to improve fitness and burn unwanted calories as the water environment reduces impact on the body and improves muscle strength.

### BodyBalance - a Les Mills class

A yoga inspired stretch class set to contemporary music that will increase mobility, flexibility and body tone.

### BodyCombat - a Les Mills class

A low impact, fat burning class inspired by martial arts incorporating karate, boxing, taekwondo, tai chi and muay thai.

### BodyPump - a Les Mills class

A low impact workout that challenges all your muscle groups and strengthens your entire body through a series of squats, presses, lifts and curls.

### BodyStep - a Les Mills class

Exercises incorporating a height-adjustable step designed to burn fat and tone the body.

Wollongong Leisure Centres are accredited with Fitness Australia® Code of Practice.

## Group Exercise Classes

### BodyVive - a Les Mills class

A low-impact, whole body workout using VIVEballs, VIVETubes and body weight designed to improve fitness and core strength.

### Cardio Boxing

A series of boxing and cardio exercises designed to build muscle strength, balance, agility and coordination.

### Circuit

A series of cardio, strength and boxing exercise stations with varying intensity options designed to burn calories and tone the body - held indoors or outdoors.

### Cycle

A non-choreographed cycle class to upbeat music that will burn unwanted calories and tone the body.

### Exer-heartbeat Circuit

A low to moderate intensity workout combining cardio and resistance training targeting those with heart conditions, diabetes, obesity and general health concerns - medical practitioner clearance advisable.

### Freestyle Aerobics

A cardio and strength exercise class involving some power walking/running and hand weights.

### RPM - a Les Mills class

A cycling workout designed to improve anaerobic capacity and strength that will burn calories and tone the body.

### Seniors BodyPump - a Les Mills class

A low impact workout designed to give a complete body workout through a series of exercises like squats, presses, lifts and curls.

### Teen Fit Circuit

An exercise circuit for teenagers involving a series of cardio and strength stations - parents welcome to participate.

### Walking in Water

Exercises in shallow and middle depth water for those with arthritis and other joint impairments - helps improve balance and strength.

## 2011 Timetable



wcc@1235513.1.11

Beaton Park Leisure Centre is a service of Wollongong City Council



## Group Exercise Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	Cardio Boxing	Circuit*	BodyPump	Cardio Boxing	BodyPump		
		RPM	Circuit*	RPM	Circuit*		
8.00am	Active Seniors	Active Senior Circuit		Active Senior Circuit	Seniors BodyPump	Circuit*	Aquarobics
		Aquarobics	Active Senior Aquarobics	Aquarobics	Aquarobics		
8.15am						BodyBalance	RPM or Cycle
						BodyPump	
9.00am	Aquarobics		Aquarobics		Aquarobics		
9.15am	BodyBalance	BodyVive	BodyBalance	BodyVive	BodyVive	BodyBalance	
	BodyStep	BodyStep	Freestyle Aerobics	BodyCombat	Circuit*	RPM or Cycle	
	Circuit*	Circuit*	Circuit*	RPM			
10.20am	BodyPump	BodyBalance	BodyPump	BodyBalance	Freestyle Aerobics		
10.30am	Lite Pace		Lite Pace				
11.00am		Exer-Heartbeat Circuit			Exer-Heartbeat Circuit		
11.10am					BodyPump		
12.15pm	Cycle~		Cardio Boxing~				
1.00pm		Walking in Water					
2.00pm		Active Senior Aquarobics		Active Senior Aquarobics			
4.00pm						BodyVive	
4.15pm		Teen Fit Circuit*^					
4.30pm							BodyPump
5.15pm	BodyStep		BodyStep		BodyStep		
	BodyPump		BodyCombat		Cardio Boxing		
	RPM		RPM				
5.30pm	Power Circuit	Freestyle Aerobics	Power Circuit	Freestyle Aerobics			
		Power Circuit					
6.20pm	BodyBalance	BodyPump	BodyBalance		BodyBalance		
	BodyCombat		BodyPump				
	Aquarobics		Aquarobics				
6.30pm		BodyBalance		BodyBalance			
		RPM		RPM			

### Key:

Activity Room	Cycle Room
Main Hall	Pool
Circuit Room	

~ 30 MINUTE CLASS

\* 45 MINUTE CLASS

^ SCHOOL TERM ONLY

ALL PARTICIPANTS ARE ENCOURAGED TO ARRIVE EARLY TO SET UP THEIR EXERCISE STATION AS NO-ONE WILL BE ABLE TO ENTER AFTER THE CLASS COMMENCES.

WE RESERVE THE RIGHT TO CHANGE CLASS STYLES AND INSTRUCTORS AS REQUIRED.

ALL CLASSES ARE ONE HOUR UNLESS STATED OTHERWISE.