

# BEATON PARK CLASS BOOKINGS (02) 4227 7755



~30 minute \*45 minute

## ACTIVITY ROOM

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	YOGA	PILATES	BODYPUMP		LESMILLS BODYBALANCE		
8:00am	Seniors YOGA	Lesmills BODYATTACK	Seniors YOGA	Interval Training	LESMILLS Shapes Bodybalan		CORE
9:15am	LESMILLS BODYBALANCE	tône	LesMILLS BODYBALANCE	CORE	tône	LesMills BODYBALANCE	tone
10.30am	Active Life	LESMILLS BODYBALANCE	LitePace	LESMILLS BODYBALANCE	Active Life	Active Life	
12:15pm		Lesmills Shapes			LesMills BODYBALANCE		
4:30pm	Strength Training*	Cardio Boxing*	Dance Fit*	Strength Training*	Dance Fit*		
5:30pm	tône	tone core	Lesmille BODYSTEP		Lesmills BODYSTEP		
6:30pm	LesMills BODYBALANCE	LesMills BODYBALANCE	PILATES	YOGA	Lesmills Shapes		

### MAIN HALL

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am							
8:00am	Interval Training	Active Seniors	Lesmills Shapes	Active Seniors	Active Seniors	Lesmills BODYPUMP	
9:15am	STEP Freestyle	Lesmills BODYCOMBAT	Freestyle Aerobics	LesMills BODYCOMBAT	Freestyle Aerobics	Lesmills BODYSTEP	
10.30am	BODYPUMP	Active Life	BODYPUMP		Lesmills BODYPUMP		
4:30pm							BODYPUMP
5:20pm			LESMILLS BODYCOMBAT				
5:30pm	Lesmills BODYPUMP						
6:30pm		Watch this Space	Lesmills BODYPUMP				

CIRCUIT	CIRCUIT – outdoor class				
Saturday	8am – Cardio Boxing*				

Refer to back of brochure for Group Exercise Requirements for class conditions

CTCLE STUDIO RPM is a 45 minute prog							nute program
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	LesMills RPM						
8:00am					LesMills RPM		
8:15am						LesMills RPM	LesMills RPM
9:15am		LesMills RPM		LesMills RPM			
12.15pm	LesMills RPM		LesMills RPM				
5:30pm	LesMills RPM						
6:30pm		LesMills RPM		LesMills RPM			

## POOL

						<b></b>	<b></b>	
	MON	TUES	WED	THURS	FRI	SAT	SUN	
8:00am	Aquarobics	Aquarobics	Aquarobics	Aquarobics	Aquarobics		Aquarobics	
12:00pm			Active Senior Aquarobics					
1:00pm		Active Senior Aquarobics		Active Senior Aquarobics				
7:00pm	Aquarobics		Aquarobics					
Dapto	Aquarobics in Outdoor Heated 50m Pool - Please refer to current Dapto Aqua program via the online bookings							

# LAKESIDE CLASS BOOKINGS (02) 4227 7600

~30 minute \*45 minute

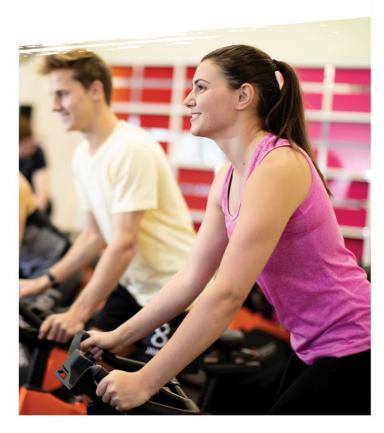
		oo minute 40 minute						
	MON	TUES	WED	THURS	FRI	SAT		
6:15am	Cardio Boxing*	LESMILLS BODYPUMP *	HIIT+ Stretch*	Cardio Boxing*	LESMILS BODYPUMP *			
7.15am						Interval Training*		
8:00am	Active Seniors		Active Seniors		Active Seniors	LesMILLS BODYBALANCE		
9.15am	LESMILLS BODYPUMP	CORE*	STEP Freestyle	Cardio Boxing*	BODYPUMP	LESMILLS BODYPUMP		
10.15am		LesMILLS BODYBALANCE			LesMILLS BODYBALANCE			
10.30am	Active Life		Active Tai Chi	Active Life				
5:30pm	LESMILLS BODYPUMP	YOGA	LESMILLS BODYPUMP	Strength Training*				
6.30pm	STEP Freestyle*	Cardio Boxing*		LESMILLS BODYBALANCE				

#### **CLASS DESCRIPTIONS**

All classes are 60 minutes unless otherwise specified. For class descriptions and information on our group exercise classes please speak with our Leisure Centre staff

# SCAN THE QR CODE BELOW FOR ONLINE BOOKINGS.







#### **Group Exercise Requirements**

Bookings are not essential; however, we recommend you book in advance to secure your place

- Bookings are accepted online or over the phone 25 hours prior to the class
- You are required to bring a large towel to class
- Casuals must pay in full to reserve place (no refund for non-attendance)
- Please do not enter the studio until the previous class has vacated
- Participants are not permitted to enter a class more than 5 minute after the starting time. Staff will advise upon arrival and refuse entry. Members who are running late can attend an alternative activity offered such as gym, pool or sauna
- Body Pump requires a 5min set up time, Please arrive 10min prior.
- Members are to set up their own equipment once checked in. The reservation of spots in our studio spaces is not permitted.
- We recommend the use of a nonslip yoga mat for Body Balance and other classes that include floor-based exercises
- Cotton Inners are required for all Cardio Boxing classes and are sold at reception

Beaton Park Class Bookings: (02) 4227 7755 Lakeside Class Bookings: (02) 4227 7600 Email: leisurecentres@wollongong.nsw.gov.au Web: wollongong.nsw.gov.au/leisurecentres

Corrimal Heated Pool: (02) 4284 9135 Dapto Heated Pool: (02) 4261 1963



Leisure Centres



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