

CLASS DESCRIPTIONS

Les Mills Bodypump: The original barbell class - ideal for anyone wanting to get lean, toned & fit. Using light to moderate weights with high repetitions focusing on all major muscle groups, burn up to 540 calories.

Les Mills Bodycombat: This fiercely energetic cardio workout will leave you feeling totally unleashed. Inspired by kickboxing, muaythai, taekwondo and Karate - burn up to 700 cal.

Les Mills GRIT: A 30-minute HIIT workout designed to improve strength and build lean muscle.

Les Mills CORE: A 30-minute class designed to increase your strength, improve posture and develop deep core stability, designed to complement all athletic disciplines.

Les Mills Sh'Bam: A fun-loving, insanely addictive dance workout. No dance experience required.

Les Mills Bodybalance: Ideal for anyone and everyone, this is a new generation yoga class that will improve your mind, your body and your life. Inspired by simple yoga moves, elements of Tai Chi and Pilates.

Les Mills RPM: A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session.

Bootcamp/HIIT: Strength/cardio based functional training done at a high intensity utilising bodyweight, dumbbells, TRX, kettlebells and more.

Body sculpt: An aerobic workout utilising weights and steps - fantastic low impact strength building workout. Engage your major muscle groups tone with a focus on core, glutes and thigh.

STEP: A classic upbeat cardio workout utilising steps to boost your heart rate. Vary the intensity of your workout by adjusting the height of your step.

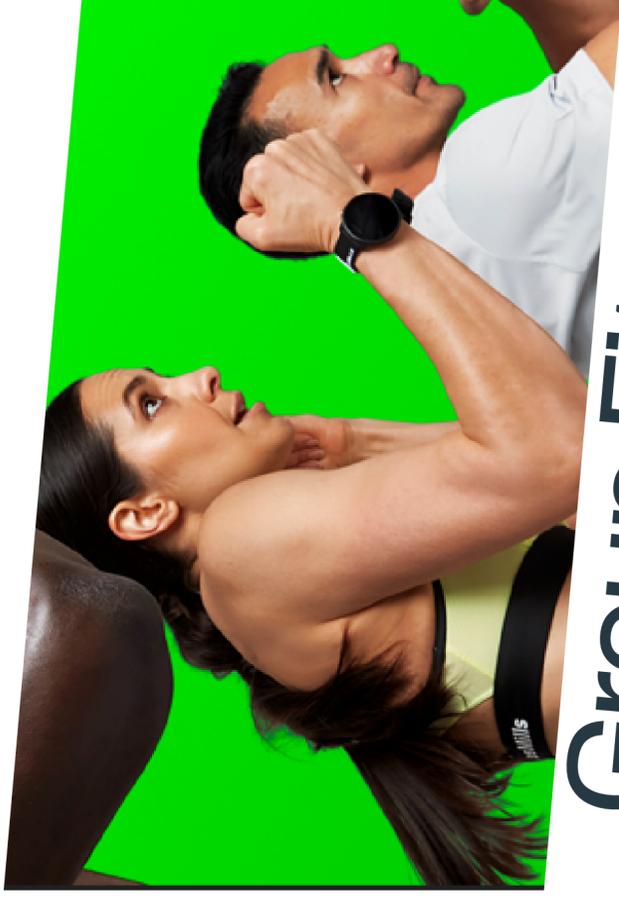
Boxfit: A cardio-based boxing workout that includes boxing drills and bodyweight exercises that incorporate footwork and abdominal movement.

Zumba: Ditch the workout and join the party. Zumba allows you to completely lose yourself in the beat, leaving you fit and fabulous through Latin and International dance rhythms.

Yoga: Our yoga professionals will guide you through 3 main elements - exercise, breathing and meditation to help you connect with body, mind and spirit.

Freestyle Cycle/ HIIT: Come along for the ride and prep yourself for a different ride every time with our indoor freestyle cycling class.

GOLD Active: Gentle exercises designed for our over 55s. A low impact, fun and safe workout designed to keep you moving.



Group Fitness Timetable



Michael Clarke Recreation Centre

2 Margaret Dawson Drive

Carnes Hill NSW 2171

(02) 8760 4800

www.michaelclarkecentre.com.au

mcreception@belgravialeisure.com.au



**MICHAEL CLARKE
RECREATION
CENTRE**

**LIVERPOOL
CITY
COUNCIL**



Studio 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	 STEP Gwen (45)	 LES MILLS BODY PUMP Fariba (45)	 LES MILLS BODY COMBAT Amelia (45)	 LES MILLS GRIT Elise (30)	 BOOT CAMP Gwen (30)		
6:30am				 LES MILLS CORE Karola (30)			
8:00am							 STEP Clara (45)
9:00am	 BOOT CAMP Gwen (30)	 BOOT CAMP Tim/Gwen (30)	 BOXFIT Chris (30)	 H.I.I.T Chris (30)	 LES MILLS CORE Chris (30)	 LES MILLS BODY PUMP Mel (55)	 YOGA Christina (60)
9:30am	 LES MILLS BODY PUMP Mel (55)	 LES MILLS BODY COMBAT Gwen (45)	 LES MILLS BODY PUMP Chris (55)	 BODY SCULPT Chris (60)	 LES MILLS SH'BAM Chris (45)		
10:15am		 YOGA Jo (60)					
11:00am	 Active GOLD		 Active GOLD		 Active GOLD		
5:30pm	 LES MILLS GRIT Karola (30)		 STEP Jo (45)	 LES MILLS BODY COMBAT May (55)	 STEP Clara (45)		
6:00pm	 BODY SCULPT Chris (60)	 BOXFIT Chris (45)					
6:30pm			 ZUMBA Jo (60)	 LES MILLS BODY PUMP Fariba (55)			
6:45pm		 LES MILLS BODY PUMP Chris (45)					
7:00pm/ 7:30pm	 ZUMBA 7:00pm Trish (60)			 YOGA 7:30pm Christina (60)			

Spin Studio	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
8:00am					 LES MILLS RPM Mel (45)
10:30am	 LES MILLS RPM Mel (45)				
5:30pm		 FREESTYLE HIIT CYCLE Clara (30)	 LES MILLS RPM Jako (45)	 FREESTYLE CYCLE Clara (45)	