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 cals.

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.

Bodysculpt: 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
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MICHAEL CLARKE RECREATION CENTRE
LIVERPOOL CITY COUNCIL
THE GREAT SOUTH WEST

Studio 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	STEP Gwen (45)	LesMills BODYPUMP Alecia (45)	LesMills BODYCOMBAT Amelia (45)	LesMills GRIT Elise (30)	BOOT CAMP Alecia (30)		
6:30am				LesMills CORE Karola (30)			
8:00am						BOXFIT Frank (45)	
9:00am	BOOT CAMP Tim (30)	BOOT CAMP Gwen (30)	BOXFIT Chris (30)	H.I.I.T Chris (30)	LesMills CORE Chris (30)	LesMills BODYPUMP Mel (55)	YOGA Christina (60)
9:30am	LesMills BODYPUMP Mel (55)	LesMills BODYCOMBAT Gwen (45)	LesMills BODYPUMP Chris (55)	BODY SCULPT Chris (60)	LesMills SH'BAM Chris (45)		
10:15am		YOGA Jo (60)					
11:00am	Active GOLD		Active GOLD		Active GOLD		
5:30pm	LesMills GRIT Karola (30)		STEP Jo (45)	LesMills BODYCOMBAT May (55)	STEP Clara (45)		
6:00pm	BODY SCULPT Chris (60)	BOXFIT Chris (45)					
6:30pm			ZUMBA Jo (60)	LesMills BODYPUMP Fariba (55)			
6:45pm		LesMills BODYPUMP 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					LesMills RPM Mel (45)
10:30am	LesMills RPM Mel (45)				
5:30pm		FREESTYLE HIIT CYCLE Clara (30)	LesMills RPM Jako (45)		
6:30pm				FREESTYLE CYCLE TBA (45)	