



Winter 2024

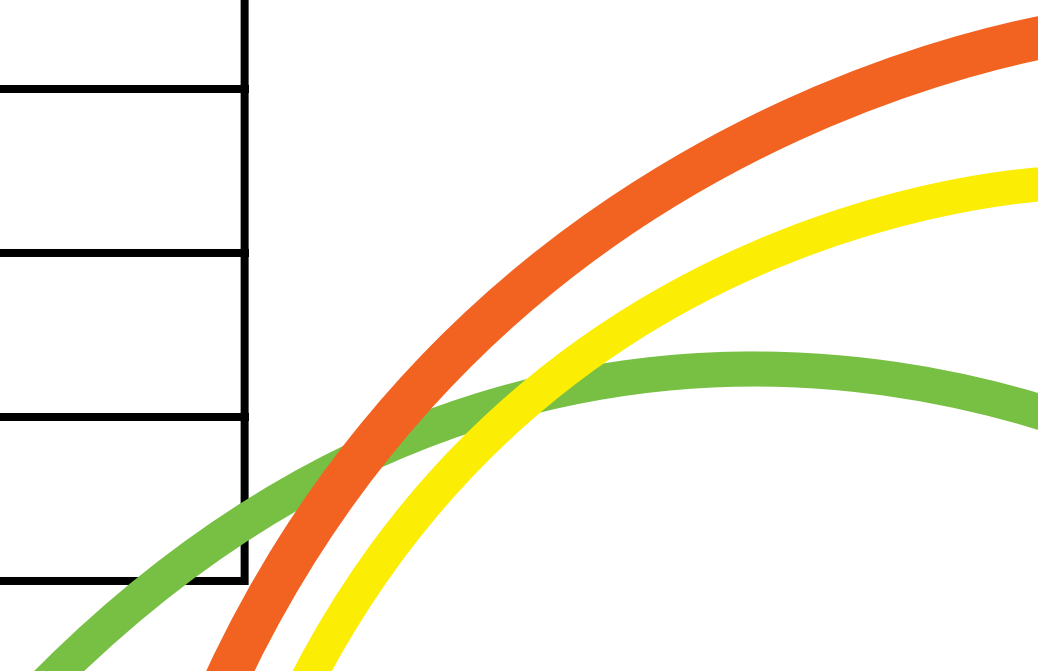
Group Fitness Timetable



South East Leisure

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SELcius 6:00am-6:45am Functional Training Studio				SELcius 6:00am-6:45am Functional Training Studio		
Mat Pilates 8:10am-8:55am Function Room 1		LES MILLS BODYBALANCE 8:30am-9:30am Group Fitness Studio		Lite Pace Fitness 8:45am-9:30am Circuit Room	Hatha Yoga 8:15am-9:00am Function Room 1	
Aqua Fit 9:00am-9:45am 50m Pool	Lite Pace Fitness 9:30am-10:15am Circuit Room	Aqua Fit 9:00am-9:45am 50m Pool	Aqua Movers 9:00am-9:45am Hydro Pool	Aqua Fit 9:00am-9:45am 50m Pool		
Lite Pace Fitness 9:30am-10:15am Circuit Room	Aqua Fit 9:45am-10:30am 50m Pool	Vinyasa Yoga 9:30am-10:15am Function Room 1	Lite Pace Fitness 9:30am-10:15am Circuit Room	LES MILLS BODYBALANCE 9:35am-10:20am Group Fitness Studio	LES MILLS BODYPUMP 9:30am-10:15am Group Fitness Studio	
Aqua Movers 10:00am-10:45am Hydro Pool	Aqua Movers 10:30am-11:15am Hydro Pool	Lite Pace Fitness 10:00am-10:45am Circuit Room	Aqua Movers 10:00am-10:45am Hydro Pool	Aqua Movers 10:00am-10:45am Hydro Pool		
Vinyasa Yoga 10:30am-11:15am Function Room 1	Pilates 10:30am-11:15am Function Room 1		Vinyasa Yoga 10:35am-11:20am Function Room 1	Tai Chi Qigong 10:30am-11:15am Function Room 1		
	Aqua Movers 11:30am-12:15pm Hydro Pool	Aqua Movers 11:15am-12:00pm Hydro Pool	Aqua Movers 11:00am-11:45am Hydro Pool	Aqua Movers 11:00am-11:45am Hydro Pool		
Hatha Yoga 6:00pm-6:45pm Function Room 1	SELcius 5:45pm-6:30pm Functional Training Studio	LES MILLS BODYPUMP 5:45pm-6:30pm Group Fitness Studio		SELcius 5:30pm-6:15pm Functional Training Studio		
SELcius 6:15pm-7:00pm Functional Training Studio	LES MILLS RPM 6:30pm-7:15pm Cycle Studio	Aqua Fun 6:15pm-7:00pm Hydro Pool	SELcius 6:30pm-7:15pm Functional Training Studio	SELcius -BOX 6:15pm-7:00pm Functional Training Studio		
Aqua Fun 6:30pm-7:15pm Hydro Pool	ZUMBA 6:30pm-7:30pm Group Fitness Studio	Yin 6:30pm-7:15pm Function Room 1	Aqua Fun 6:30pm-7:15pm Hydro Pool	Yin 6:30pm-7:15pm Function Room 1		
SELcius -BOX 7:00pm-7:45pm Functional Training Studio	Aqua Fun 6:30pm-7:15pm Hydro Pool	Meditation 7:40pm-8:25pm Function Room 1				

 - Recent Changes





Class Descriptions



AQUA FIT

A low-joint impact class in shallow water for all fitness levels. Exercises are designed to increase your heart rate and strengthen your abdominals, buttocks and thighs. Low impact and medium intensity.

AQUA FUN

This class utilizes different exercises and routines coupled with mild aerobics, all at the pace and comfort level of each individual. Water aerobics improves flexibility, strengthens muscles, improves balance and coordination.

AQUA MOVERS

Designed for individuals of all levels of ability and mobility aged 50 years and over. 'Aqua Movers' is a simple water based exercise class.

LES MILLS

RPM

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

LES MILLS

BODYBALANCE

BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

LES MILLS

BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

LES MILLS

BODYSTEP CLASSIC

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.

SEL-cius

Designed to push your fitness limits and elevate your overall functional strength, endurance, and cardiovascular fitness. This dynamic and intense workout program combines functional movements with high-intensity intervals, using MyZone technology to enhance the member experience.

SEL-cius -BOX

Offers an invigorating and dynamic fitness experience that combines the art of boxing with the benefits of high-intensity interval training. This class is designed to boost your cardiovascular endurance, full-body strength, agility, and mental focus while learning essential boxing techniques.

ZUMBA

Zumba is an interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.

LITE PACE FITNESS

Suitable for beginners or those wanting a light-paced workout, Lite Pace provides the foundation to build aerobic fitness and muscle conditioning. This is a popular class among women returning to exercise, those wanting to learn exercise technique, and improve overall health and fitness in a slower setting.

PILATES

Mat Pilates is a Pilates training practice that can be done on a mat. In this class, you hold movements like planks, side planks, and core exercises to build your muscle groups and core strength.

IYENGAR YOGA

Iyengar Yoga focuses on three aspects: alignment, sequencing and timing. Alignment means maintaining the intended pose while respecting the body's boundaries. Iyengar yoga encourages the use of props to assist students within an asana without putting them at risk of injury.

HATHA YOGA

The Hatha Yoga class offers a serene and balanced approach to physical, mental, and spiritual well-being through the practice of traditional yoga postures, breathing techniques, and relaxation methods. This class is designed to help participants cultivate mindfulness, flexibility, strength, and inner tranquility while promoting overall harmony and self-awareness.

VINYASA YOGA

The Vinyasa Yoga class offers a dynamic and fluid approach to yoga practice, focusing on the synchronization of breath and movement. Through a series of creatively sequenced postures, participants will experience a harmonious flow that enhances strength, flexibility, mindfulness, and inner balance.

YIN

The Yin Yoga class offers a meditative and deeply relaxing practice that targets the connective tissues, promoting flexibility, inner calm, and balance. Through long-held, passive poses, participants will experience a unique form of yoga that encourages introspection, mindfulness, and rejuvenation.

TAI CHI QIGONG

Tai Chi Qigong works on balance and coordination, improves your fitness and flexibility, and develops your focus and concentration; leading you to a place of stillness, calm and clarity.

MEDITATION

Immerse yourself in serenity with our Meditation Class, where guided sessions lead you to inner calm. Elevate your well-being through mindful practices, promoting stress relief and heightened focus. Join a community committed to the transformative journey of self-discovery and peace.