

Active leisure centre

McBryde Cres. Wanniasa ACT 2903
Ph: 6207 2777 www.activelc.com.au

Timetable: Monday 28th June 2010

GROUP FITNESS

W'Day Time	MON	TUES	WED	THURS	FRI	W'end Time	SAT	SUN
6.00		Gym Circuit Jason # PTF		Gym Circuit Michael # PTF				
9.30	Gym Circuit Charmaine # Performance Training Facility	Meg	Vanessa		Jody	9.00	Robyn	Cardio Boxing John
10.45	Strong Bones # Carole	Strong Bones Gym Circuit Tony	Stretch/Relax # Anna	Strong Bones Gym Circuit Snez	Strong Bones (Low Impact) # Anna	10.00	Jason	
5.30	Kim	Naeem/Colby	Maria	# Andy/Raquel	Jeff/Vanessa			
5.45	Stretch Pilates # Leanne		Gym Circuit Jason # Performance Training Facility (trial class 6 week)			4.00	Gym Circuit Jason # PTF	Naeem Fitball # Janine
6.00				Tai Chi # Dianne				
6.30	Wayne	Cardio Boxing Jeff Yoga Stretch Anna	Sarah	6.15 Kim				
7.00	Anna		Jody					

Management reserves the right to alter this timetable when necessary according to demand and available resources.

- Classes held in the aerobics room.
- Shaded area indicates classes operating whilst the crèche is open.
- # 45min. class

CYCLE STUDIO

W'Day Time	MON	TUES	WED	THURS	FRI	W'end Time	SAT	SUN
6.00	Colby		Charmaine		Anaka			
9.30				Michael		9.00	Anaka	
5.45		Charmaine						
6.00	Jody		Josh			5.15		Naeem
6.30				Murray				








Please note bookings are required for RPM please call 6207 2777. To ensure you are allocated a saddle please arrive at least 5 min before the start of your class, if the class has commenced your saddle may be given to another member.

AQUA

W'Day Time	MON	TUES	WED	THURS	FRI	W'end Time	SAT	SUN
9.45	Strength Snez/Anna	Fit Carole	Interval Anna	Circuit Snez	Fit Jeff			
6.45	Circuit Sarah	Interval Snez	Strength Carole	Fit Sarah	Circuit Leanne	4.00	Interval Snez	
						5.00		Strength Janine

Aqua participants must be wearing a coloured wrist band which is obtained from reception. No wrist band, no class
All aqua classes are 45mins

CLASS DESCRIPTIONS

 <p>A 50min indoor cycling class based on outdoor riding. Riding to inspirational music over the equivalent of 20-25km of varied terrain, controlling the intensity of your workout with a resistance dial and pedal speed.</p>	<p>STRONG BONES This class offers advancements in fitness, strength and flexibility through simple low impact cross training methods. It is a gentle class that is perfect for those just beginning a new fitness regime.</p>
 <p>This 60 minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspires you to get the results you came for – and fast!</p>	<p>TAI CHI Slow meditative physical exercise designed for learning about balance, alignment, fine-scale motor control, rhythm of movement and movement from the body's vital centre. Benefits can be noticed by improvements in concentration/focus, co-ordination, stability/balance, muscle strength, bone density, flexibility/range of motion and joint mobility. The meditative nature exercises are calming and relaxing.</p>
 <p>A high intensity interval workout with simple athletic moves and advanced strength work. Its simple, it's energised, it's challenging.</p>	<p>STRETCH & RELAX You will learn how to stretch your body and relax your mind in a simple and profound way. Learning how to relax your body (stretching) and calm your mind (relaxation) is easy and the greatest gift to give to yourself.</p>
 <p>Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.</p>	<p>FITBALL A core strengthening class designed to improve range of motion, strength, stability co-ordination and balance. Fitball provides an excellent workout which will result in a stronger core, improved posture and better body alignment.</p>
 <p>Martial Arts based fitness program with moves drawn from Karate, taekwondo, kung fu, kickboxing, muay thai and tai chi. This provides an exhilarating exercise experience that delivers ultra-fast fitness results.</p>	<p>YOGA STRETCH This class will move your body through a complete series of seated and standing yoga poses designed to increase flexibility, balance and range of movement. Breathing exercises and a final relaxation will promote stress reduction and mental clarity.</p>
 <p>The best butt and thigh workout. An addictive class with great music and levels to cater for everyone. Body Step delivers results fast combining rhythm and energy with an effective total body workout.</p>	<p>STRETCH PILATES Learn the safest and most effective way to increase and maintain your flexibility and core strength by applying the Pilates principles to your stretching. This class also includes a strengthening component which assists with postural alignment</p>
<p>GYM CIRCUIT A combination of pin loaded weight stations and cardio, designed to improve muscle tone and strength, improve fitness and burn body fat. A circuit session consists of a series of exercises or stations performed in succession with minimal rest intervals in between and can be taken at your own pace. Classes are 45min in duration in the Performance Training Facility.</p>	<p>CARDIO BOXING Classes involve mainly boxing combinations, cardio drills, and specific boxing exercises. This class is designed for all fitness levels allowing you to work at your own pace. This workout includes using upper and lower body and is great for anyone wanting to increase their cardio vascular fitness and lose those unwanted kilos.</p>
<p>AQUA</p> <p>FIT A wide range of exercises with varying intensities. Each class covers the essentials of cardio exercise, resistance and flexibility. The use of aquatic fitness equipment allows you to utilise the resistance of water and personalise your workouts to meet your fitness level.</p> <p>INTERVAL An all-encompassing water workout which includes segments of aerobic conditioning and optional high intensity, anaerobic challenges. Be ready to work!</p> <p>CIRCUIT A stimulating class that alternates toning exercises with cardiovascular work to give you a class that does it all. Great for all levels of fitness.</p> <p>STRENGTH Time to tone up! Strengthen and tone your muscles with water resistance. Bands and other equipment will help isolate and challenge major muscles.</p>	 <p>Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind.</p> <p>ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.</p>

Centre opening hours

Monday – Friday 5.30am - 10pm
Saturday - Sunday 7am - 7pm

Crèche opening hours

Monday- Friday 9am – 1.00pm
Monday - Thurs 3.30pm – 8.00pm