

Active

leisure centre

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

February 6th - April 29th 2012

GROUP FITNESS

W'Day Time	MON	TUES	WED	THURS	FRI	W'end Time	SAT	SUN
6.00	Snez #	Snez	Mandy	Fiona	Anna			
6.30				Fiona		8.00	Fiona	
9.30	Michelle	Anna	Anna #	Robyn	Robyn	9.00	Fiona	Cardio Boxing Brett #
10.30	Snez	Anna #		Meg		9.30	Robyn	
10.45	NTL Low Impact Carole #	NTL Gym Circuit Tony	NTL Stretch/Relax Anna #	NTL Gym Circuit Snez	NTL Low Impact Anna #	10.30	Gerard	
5.30	Rhianna	Rachael	Jason	Pamela	Cardio Boxing Kylie			
5.45					Stretch Pilates Leanne #	3.00	Pamela	Pamela
6.30	Pamela	Cardio Boxing Tracey	Jason	Hans		4.00	Pamela	Hans
6.30	Miriam #	Pamela #	Yoga Stretch Janine #	Justene #		5.00	Stretch/Relax Janine #	Justene
7.00			Kylie					
7.30	Miriam	Tracey		Jordan				

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

Classes held in studio 2

Shaded area indicates classes operating whilst the crèche is open.

CYCLE STUDIO

W'Day Time	MON	TUES	WED	THURS	FRI	W'end Time	SAT	SUN
6.00		Sharon			Sharon	9.30	Hans	
9.30				Meg				
6.00	Murray	Geraldine	Hans	Murray		5.00		Murray

AQUA

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

CLASS DESCRIPTIONS

<p>NTL 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>NTL GYM CIRCUIT - A combination of resistance and cardio stations, designed to burn fat, and improve strength and fitness. 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 sports gym located downstairs.</p>
<p>LES MILLS BODYPUMP This 55 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>NTL LOW IMPACT – This class offers advancements in fitness 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>LES MILLS BODYVIVE BODYVIVE - lets you get in shape at your own pace with a low impact group fitness workout that leaves you fizzing with energy. Using vive balls, vive tubes and optional hand weights, you choose the intensity that energises your future.</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</p>
<p>LES MILLS BODYBALANCE 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>LES MILLS BODYATTACK A high intensity interval workout designed to help you get fit stay fit and get fitter. This is a sports training class with tracks designed to improve fitness, speed, strength and agility.</p>
<p>LES MILLS BODYCOMBAT Martial Arts based fitness program with moves drawn from Karate, Taekwondo, Kung fu, Kickboxing, Boxing and Tai chi. This provides an exhilarating exercise experience that delivers ultra-fast fitness results.</p>	<p>LES MILLS BODYSTEP The best butt and thigh workout. An addictive class with great music and levels to cater for everyone. BodyStep delivers results fast combining rhythm and energy with an effective total body workout.</p>
<p>LES MILLS BODYJAM An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Trained instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and centre, and get high on the feeling of dance.</p>	<p>LES MILLS SH'BAM This dynamic 45 minute program has been designed with fun-loving people in mind. It's particularly appealing to those who find alternative dance-based workouts intimidating. Regardless of age or fitness ability, you will find SH'BAM the most fun way to get into the fat-burn zone.</p>
<p>CX30 CX30 really hones in on the torso and sling muscles that connect your upper body to your lower body. Ideal for tightening your tummy and butt while also improving functional strength and assisting in injury prevention. CX30 will help you run faster, play harder, stand stronger</p>	<p>LES MILLS RPM 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>FITBALL A core strengthening class designed to improve range of motion, strength, stability, coordination and balance. Fitball provides an excellent workout which will result in a stronger core, improve posture and better body alignment.</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>STRETCH PILATES Learn the safest and most effective way to increase and maintain 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>

AQUA All classes run for 45 minutes

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.

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.

INTERVAL

An all-encompassing water workout which includes segments of aerobic conditioning and optional high intensity, anaerobic challenges. Be ready to work!

STRENGTH

Time to tone up! Strengthen and tone your muscles with water resistance. Bands and other equipment will help isolate and challenge major muscles.

Centre opening hours

Monday – Friday 5.30am – 10.00pm
Saturday – Sunday 7.00am – 7.00pm

Crèche opening hours

Monday – Friday 9.00am – 1.00pm
Monday – Thursday 4.00pm – 7.45pm