

CLASS DESCRIPTIONS

BODY ATTACK A cardiovascular interval training program combining high intensity aerobic, strength, and stabilisation exercises. Build strength and stamina with dynamic squats and lunges. Tone abs, glutes, and back with specific isolation exercises. High energy class.

BODY BALANCE Calm Yoga based class which includes Tai Chi and Pilates. Strengthen muscles, improve posture, gain flexibility, and experience relaxation / meditation with beautiful music.

BODY COMBAT Fun workout incorporating moves from martial arts and boxing. Fight for your fitness and burn loads of calories. Suitable for all fitness levels.

BODY PUMP Light weights with music. Easy to follow moves and resistance training. Tone and condition all muscle groups. Suitable for all fitness levels.

BODY STEP Cardio and athletic step class using a step bench. Great music and easy to follow moves. Ultimate leg and butt workout to burn tons of calories.

FREESTYLE STEP Great fat burning workout using a step for toning legs and butt. High complexity choreographed class for all fitness levels.

BOXING FITNESS Partner / pad boxing workout using boxing gloves and focus mitts. Includes high intensity training exercises to increase fitness levels eg running, sprints, squats, and push ups.

YOGA Gain strength, flexibility, and calm within. Poses assist injury prevention. Relaxation and meditation at the end of each session.

ACTIVE ADULTS Suitable for people over 60 years of age to improve mobility, strength, and reduce the risk of falls. Enjoy the company of other participants, and be supervised by qualified instructors who understand your needs.

SH'BAM Fun dance party workout. No dance experience required. Suitable for all fitness levels.

CYCLE STUDIO

CYCLE Freestyle indoor cycle class. Work out, increase cardio fitness, burn calories, and tone leg and butt muscles while listening to popular music.

RPM EXPRESS 45 minutes of indoor cycling designed to smash calories and burn body fat.

RPM EXTREME 60 minutes of indoor cycling which will boost cardio fitness, leg strength, and muscular endurance. Shape and tone legs and butt while burning body fat.

HIIT CYCLE High intensity interval training and Tabata style indoor cycle session.

Burn up to 800 calories in Cycle and RPM classes

GROUP FITNESS GUIDELINES

- For safety reasons, and courtesy to participants, patrons are not permitted to enter a class after 5 minutes.
- As a condition of entry to all group fitness classes, participants must register to participate in classes at reception, obtain a valid session ticket, and deliver the ticket to the instructor.
- Please bring a water bottle, sweat towel, and correct training shoes to all classes.
- Please advise the instructor if you are new, pregnant, or have any health issues.
- Participants must be 13 years and older for all classes. Exception is 15 years and older for Body Pump sessions.
- Children are not permitted to enter group fitness studios and exercise areas. If you have children, please book them in to the FREE crèche, or holiday program, before the commencement of the class.
- Most classes are 60 minutes in duration. Please check the individual class descriptions and timetable for class time information.
- Group Fitness timetable may be subject to change.

HEALTH CLUB OPENING HOURS

MON TO THU 5:45AM TO 8:00PM

FRI 5:45AM TO 6:45PM

SAT 8:00AM TO 2:00PM

SUN 8:00AM TO 1:00PM

PUBLIC HOLIDAYS CLOSED

LOFTUS
recreation centre



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**GROUP
FITNESS
TIMETABLE**

LOFTUS
recreation centre

GROUP FITNESS TIMETABLE

GROUP FITNESS STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM	LesMILLS BODYPUMP		LesMILLS BODYPUMP	YOGA (60 MIN)	LesMILLS BODYPUMP		
8.30AM						LesMILLS BODYCOMBAT	
9.30AM	LesMILLS BODYPUMP	LesMILLS BODYBALANCE	LesMILLS BODYPUMP	LesMILLS BODYBALANCE	LesMILLS BODYPUMP	LesMILLS BODYSTEP	FREESTYLE STEP
10.30AM	YOGA (60 MIN)		ACTIVE ADULTS		LesMILLS BODYBALANCE	LesMILLS BODYPUMP	LesMILLS BODYBALANCE
	ACTIVE ADULTS				ACTIVE ADULTS	YOGA – HATHA (90 MIN)	
11.00AM							YOGA – HATHA (90 MIN)
4.30PM			LesMILLS BODYPUMP		LesMILLS BODYPUMP		
5.30PM	LesMILLS BODYSTEP		LesMILLS BODYSTEP	LesMILLS BODYCOMBAT	LesMILLS SH'BAM		
6.00PM		LesMILLS BODYBALANCE	YOGA (90 MIN)	LesMILLS BODYBALANCE			
6.30PM		LesMILLS BODYPUMP	LesMILLS SH'BAM	LesMILLS BODYPUMP			

CYCLE STUDIO

6.00AM		SPIN		LesMILLS RPM	LesMILLS RPM		
8.30AM						LesMILLS RPM	
9.00AM		LesMILLS RPM		LesMILLS RPM			
9.30AM	LesMILLS RPM				CYCLE (45 MIN)		