

GROUP FITNESS CLASS INFORMATION

The following classes are included in membership/admission:

CLASS	DESCRIPTION	CLASS	DESCRIPTION						
BATTLE FIT	Give your cardiovascular, strength and boxing skills the ultimate test while finding time for a laugh (45 mins)	LES MILLS sprint	Les Mills Sprint is the Grit of RPM. Short and sharp High intensity workout and it is over before you know it. (30 mins)						
LES MILLS BODYBALANCE	Yoga, Tai Chi and Pilates inspired workout that will leave you feeling centred and calm (55 mins)	WRC BOXING CIRCUIT	Boxing circuit training, ideal for all fitness levels. Push yourself and have fun doing it.						
LES MILLS BODYPUMP	The original barbell class that shapes, tones and strengthens your entire body (45 or 60 mins)	<h3>AQUACISE CLASSES</h3> <p>AQUACISE classes are held in the lap pool or in the combined pools, depending on demand.</p> <table border="1"> <thead> <tr> <th>CLASS</th> <th>DESCRIPTION</th> </tr> </thead> <tbody> <tr> <td>AQUA-TONE WITH JO</td> <td>A low impact, medium-high intensity class ideal for all fitness and experience levels. This class helps to tone muscles, burn fat and build fitness using the resistance of water, in a fun and friendly environment. (45 mins)</td> </tr> <tr> <td>AROUND 50</td> <td>Low to medium impact class, designed for mature participants (60 mins)</td> </tr> </tbody> </table>		CLASS	DESCRIPTION	AQUA-TONE WITH JO	A low impact, medium-high intensity class ideal for all fitness and experience levels. This class helps to tone muscles, burn fat and build fitness using the resistance of water, in a fun and friendly environment. (45 mins)	AROUND 50	Low to medium impact class, designed for mature participants (60 mins)
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LES MILLS BODYSTEP	Use a height-adjustable step and simple movements to push you into the fat burning zone and shape and tone your whole body (45 mins)								
COCKY'S CIRCUIT	An all body workout (60 mins)								
LES MILLS CORE	A short, sharp workout that will strengthen and tone your core and improve functional strength for mobility and injury prevention (30 mins)								
LES MILLS RPM	Indoor cycling workout - take on the terrain through hills, flats, mountain peaks, time trials & interval training (45 mins)								
LES MILLS GRIT	LES MILLS GRIT™ Strength is a high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. (30 mins)								

ROOMS: Classes are held in the Group Fitness Room.

WESTLAND RECREATION CENTRE

TIMETABLE

GROUP FITNESS & AQUACISE CLASSES

TIMETABLE CURRENT AS AT 11 May 2021

OPENING HOURS		
	FITNESS	POOLS
MONDAY TO FRIDAY	5am - 10pm	6am - 9pm
SATURDAY & SUNDAY	7am - 7pm	7am - 7pm
PUBLIC HOLIDAYS	10am - 5pm	10am - 5pm

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 WESTLAND RECREATION CENTRE

Heart of the West Coast



CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM 30 mins LES MILLS sprint	6AM 45 mins LES MILLS RPM	9.30AM 60 mins LES MILLS BODYSTEP® & BODYPUMP®	6AM 45 mins LES MILLS RPM	6AM 55 mins LES MILLS BODYBALANCE	7.30AM 45 mins LES MILLS RPM	9AM 45 mins LES MILLS RPM
9.30AM 45 mins LES MILLS BODYPUMP	9.15AM 55 mins LES MILLS BODYBALANCE	5.45PM 30 mins LES MILLS RPM EXPRESS	9AM 45 mins BATTLE FIT	9.30AM 45 mins AQUA-TONE Deep Water	8.30AM 30 mins LES MILLS GRIT	
10.30AM 60 mins AROUND 50	5.25PM 45 mins LES MILLS BODYPUMP	6.30PM 30 mins WRC BOXING CIRCUIT	5.20PM 30 mins LES MILLS GRIT	9.30AM 60 mins LES MILLS BODYPUMP		
5.30PM 45 mins AQUA-TONE Deep Water	7PM 45 mins LES MILLS RPM	7.30PM 45 mins LES MILLS RPM	7.30PM 60 mins COCKY'S CIRCUIT	5.30PM 45 mins LES MILLS RPM		
5.30PM 45 mins LES MILLS BODYSTEP						
7.00PM 55 mins LES MILLS BODYBALANCE						