













# GROUP FITNESS CLASS INFORMATION

The following classes are included in membership/admission:

CLASS	DESCRIPTION	CLASS	DESCRIPTION
 <b>tone</b>	If you want a mix of strength, cardio and core training this is it. A mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. A great foundational class.	 <b>GRIT Cardio</b>	This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.
 <b>BODYBALANCE</b>	Yoga, Tai Chi and Pilates inspired workout that will leave you feeling centred and calm (55 mins)	 <b>sprint</b>	Les Mills Sprint is the Grit of RPM. Short and sharp High intensity workout and it is over before you know it. (30 mins)
 <b>BODYPUMP</b>	The original barbell class that shapes, tones and strengthens your entire body (45 or 60 mins)	 <b>Pilates</b>	Pilates is a low impact form of exercise focusing on core strength, flexibility and balance.
 <b>BODYSTEP</b>	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)	<b>AQUACISE CLASSES</b> AQUACISE classes are held in the lap pool or in the combined pools, depending on demand.	
 <b>COCKY'S CIRCUIT</b>	An all body workout (60 mins)	<b>CLASS</b>	<b>DESCRIPTION</b>
 <b>RPM</b>	Indoor cycling workout - take on the terrain through hills, flats, mountain peaks, time trials & interval training (45 mins)	 <b>aqua ZUMBA WITH TRACEY</b>	Aqua Zumba combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout. So, liven up your working week with some Latin fever.
 <b>GRIT Strength</b>	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)	 <b>AQUA-S'WET</b> Chest Deep Water With Lisa	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)

The classes below are run by independent instructors and are NOT included in WRC memberships/admission. Refer to individual instructors for pricing.

<b>AROUND 50</b>	Low to medium impact class, designed for mature participants (60 mins)
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**ROOMS:** Classes are held in the Group Fitness Room.

## WESTLAND RECREATION CENTRE

# TIMETABLE

## GROUP FITNESS & AQUACISE CLASSES

CURRENT AS AT 28 March 2023

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

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# CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM 30 mins <b>LES MILLS</b> <b>sprint</b>	6AM 45 mins <b>LES MILLS</b> <b>RPM</b>	9.30AM 45 mins <b>LES MILLS</b> <b>BODYSTEP</b>	6AM 45 mins <b>LES MILLS</b> <b>RPM</b>	6AM 55 mins <b>LES MILLS</b> <b>BODYBALANCE</b>	7.30AM 45 mins <b>LES MILLS</b> <b>RPM</b>	9AM 45 mins <b>LES MILLS</b> <b>RPM</b>
9.20AM 45 mins <b>LES MILLS</b> <b>BODYPUMP</b>	9.15AM 55 mins <b>LES MILLS</b> <b>BODYBALANCE</b>	10.30AM 30 mins <b>Pilates</b>	9:15AM 30 mins <b>LES MILLS</b> <b>GRIT</b> Cardio	9.30AM 45 MINS <b>AQUA SWET</b> CHEST DEEP WATER	8.30AM 30 mins <b>LES MILLS</b> <b>GRIT</b> Strength	
10.30AM 60 mins <b>AROUND 50</b>	5.30PM 45 mins <b>LES MILLS</b> <b>BODYPUMP</b>	5.45PM 30 mins <b>LES MILLS</b> <b>RPM</b> EXPRESS	5.20PM 30 mins <b>LES MILLS</b> <b>GRIT</b> Strength	9.20AM 60 mins <b>LES MILLS</b> <b>BODYPUMP</b>	9.30AM 55 mins <b>LES MILLS</b> <b>BODYPUMP</b>	
5.30PM 45 mins <b>AQUA-TONE</b> Deep Water	7PM 45 mins <b>LES MILLS</b> <b>RPM</b>	7.30PM 45 mins <b>LES MILLS</b> <b>RPM</b>	7.30PM 60 mins <b>COCKY'S</b> <b>CIRCUIT</b>	5.30PM 45 mins <b>LES MILLS</b> <b>RPM</b>		
5.30PM 45 mins <b>LES MILLS</b> <b>tone</b>						
7.00PM 55 mins <b>LES MILLS</b> <b>BODYBALANCE</b>						