

Lake Haven Recreation Centre Group Fitness Timetable

Effective Monday 29 January 2024

	45 minute class			60 minute class			
Group Fitness Timetable							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am	REFORMER PILATES 45 mins	REFORMER PILATES 45 mins		REFORMER PILATES 45 mins	YOGA 45 mins		
8.00am	CARDIO AND CORE				CARDIO AND CORE		
8.30am	ACTIVE ALL STARS 60 mins	ACTIVE ALL STARS 60 mins	ACTIVE ALL STARS 60 mins	ACTIVE ALL STARS 60 mins	ACTIVE ALL STARS 60 mins	HIIT 60 60 mins	
9.00am				HIGH PERFORMANCE SPIN 45 mins			
9.30am	BOX FIT 45 mins	ULTRA FIT 45 mins	BOOTCAMP 45 mins	SMALL GROUP WEIGHT TRAINING	BODY PUMP 60 mins	STG AB BLAST	
9.45am	REFORMER PILATES 45 mins					BODY BALANCE 60 mins	
10.30am	BODY BALANCE 60 mins						
5.30pm	BOOTCAMP Outdoors 45 mins	BODY PUMP 45 mins		STRENGTH 60 mins			
5.30pm	REFORMER PILATES 45 mins		BOX FIT 45 mins				
5.45pm			HIGH PERFORMANCE SPIN 45 mins				
6.15pm	BODY PUMP 60 mins	ULTRA FIT 45 mins			BODY BALANCE 60 mins		
6.15pm	HIGH PERFORMANCE SPIN 45 mins						
6.30pm		REFORMER PILATES 45 mins	BODY BALANCE 60 mins	REFORMER PILATES 45 mins			

Class Descriptions

Freestyle Classes

ULTRAFIT

This class uses different training models such as AMRAPs, EMOMs and Rounds for time, to improve metabolic conditioning. Be prepared for heavy weights and high heart rates, not for the faint of heart.

BOOTCAMP

Bootcamp is outdoor circuit-based training involving a mix of cardio and strength based exercises. Get ready for some tyre flipping and battlerope action!

HIIT 60

A warm welcoming to the weekend with a big smash session. This hour of high paced madness will leave you with a sweat ready to take on or unwind into the weekend.

BODY PUMP

A fast-paced, barbell-based workout that's specifically designed to help you get lean, toned and fit. It uses a combination of motivating music, fantastic instructors and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.

HIGH PERFORMANCE SPIN

This indoor cycling class is about pushing your endurance to the next level. Ride the hills, flats and sprints over this Spin workout.

BOX FIT

Partner and individual boxing drills, skipping, hitting pads, kicking punchbags, press-ups, shuttle-runs and sit-ups. Taking the best of boxing based fitness and making it a fun and challenging workout.

STRENGTH

Lower repetitions, heavier weights in this session. Bigger compound moves designed to increase strength.

Rapid Classes - 30 minutes

CARDIO AND CORE

A class to get your heart and lungs pumping combined with core strengthening work to recover. No Cardio equipment off limits in this class.

SMALL GROUP WEIGHT TRAINING

Getting out into the weights area, this class is a mix of machine, freeweights and cable machines. Small group for a more focused session so the instructor can lead a more in-depth group session.

Mind + Body Classes

BODY BALANCE

A blend of Yoga, Tai Chi and Pilates that builds flexibility and strength while leaving you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of exercises create a holistic workout, bringing harmony and balance to the mind and body.

REFORMER PILATES

Reformer Pilates is an ideal workout for anybody. Using an adjustable bed with customisable springs it is the perfect place to start your fitness journey or to complement your existing regime. Deeper core muscles and smaller stabilisers are targeted in Reformer – your body works smarter not harder.

YOGA

This gentle and relaxing yoga class will leave you feeling grounded and limber. A free flowing class that combines breathwork with body poses designed to release and relax those tight and tense bodies.

Active Over 50s

ACTIVE ALL STARS

Targeted fitness program for the over 50s – Each day involves a mixture of Strength/Resistance, Cardio, Mobility/Stability-based exercises.

Small Group Training Classes (SGT) – 15 minutes

SGT AB BLAST

This is the perfect class for you targeting those abdominals inside and out.

STRETCH

This is our lengthen and loosen class, a quick full body stretch leaving you limber to help avoid soreness.

General Class Information

Bookings are required for group fitness classes. Book online at leisure.centralcoast.nsw.gov.au or in person at reception.

There are no classes on public holidays.

Please note that some classes will run in the outdoor training space when weather permits.

All classes have a maximum capacity for your safety and enjoyment. Please arrive early to avoid disappointment as for your own safety late admittance is not permitted.

Closed footwear is required for all classes, except Mind and Body. Grip socks are required for Reformer Pilates classes.

All classes except for Reformer Pilates included in your Gold, Gym and Fitness or Fitness Passport membership.

***Reformer classes are available to Gold members only.**



Book your next group fitness class online