

### Les Mills Classes

LES MILLS **RPM**

RPM is a group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories. With great music pumping and the group riding as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

LES MILLS **BODY BALANCE**

Yoga, tai chi and Pilates workout 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.

### Freestyle Classes

**MILIFIT**

This is our version of Bootcamp! Inspired by training ideologies used in Defence today, this class will push your endurance, cardio and strength. Designed for all levels of fitness, using partner support or teamwork, push through challenges to discover your inner warrior!

**Smash**

This High Intensity freestyle workout incorporates cardio and strength training designed to 'SMASH' your fitness goals.

**Body Toners**

This Functional Resistance Training class uses plates and bars to achieve muscle and tone.

### Rapid Classes – 30 minutes

**Rapid HIIT**

This classic high-intensity interval training workout is the perfect workout for when you've got limited time - get in, get smashed and get out - all in record time! Featuring cardio and strength exercises this class will improve your fitness, while strengthening your whole body.

**Rapid Spin**

This indoor cycling class is a sprint that is just as much about fun as it is perspiration. This class caters for all levels of fitness and no experience or coordination is required. An excellent fat burning class done in rapid time!

**Rapid Ab Attack**

30 min express class that gives everything you require to sculpt those abdominal muscles.

### Mind + Body Classes

**Mobility Flow**

Freestyle class designed for injury prevention and recovery allowing greater awareness of the body. The class moves through a series of poses and stretches, including floor exercises, standing and balance.

### Targeted Classes

**Active over 50's:**

Targeted fitness program for the over 50s – Monday is a mix of Cardio and Strength, Tuesday involves Strength exercises and stretch component, Wednesday is to get you moving gently, Thursday is circuit inspired with stretch component and Friday with test your strength!

**Boxing**

A boxing workout that focusses on form! Punching and kicking combinations, mixed with intervals of cardio. This workout teaches form allowing you to throw harder and safer. Boxing offers a great workout suitable for the beginner to the advanced participant.

### Small Group Training Classes – 15 minutes

**Abs Blast:** Abdominal and core training | **Legs, Bums & Tums:** Focussed on Abs and Booty | **Stretch:** Stretching and Recovery | **Tabata:** 20 seconds work, 10 seconds rest in this full body workout

### General Class Information

All classes have a maximum capacity for your safety and enjoyment – please arrive early to avoid disappointment and late admittance is not permitted. • Closed footwear is required for all classes, except Mind and Body. • A ticket must be obtained from reception for entry to a class – please give this to your instructor. • All classes are included in your Gold or Health Club Membership.



# FiT

For Life

## Lake Haven Recreation Centre

Group Fitness  
Timetable

2020

Central  
Coast  
Council

Leisure  
Centres

[centralcoast.nsw.gov.au/leisurecentres](http://centralcoast.nsw.gov.au/leisurecentres)

# Group Fitness Timetable

Effective Monday 6<sup>th</sup> January 2020

Group Fitness Timetable							
START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am		<b>Smash</b>		<b>MILIFIT</b>			
8:15am 15 mins						<b>Ab Blast</b> Gym Floor	
8:30am 60 min	<b>Active's</b> 60 min	<b>Active's</b> 60 min	<b>Active's Easy Start</b> 60 min	<b>Active's</b> 60 min	<b>Active's</b> 60 min	<b>Smash</b> 60 min	
9:00 am 15 mins	<b>Tabata</b> Gym Floor	<b>Ab Blast</b> Gym Floor	<b>Tabata</b> Gym Floor	<b>Ab Blast</b> Gym Floor	<b>Legs, Bums and Tums</b> Gym Floor		
9:15am		<b>Rapid HIIT</b> 30 min	<b>Rapid Ab Attack</b> 30 min	<b>Rapid HIIT</b> 30 min			
9:45am	<b>Body Toners</b>		<b>MILIFIT</b>	<b>Boxing</b> 30 min	<b>Body Toners</b>	<small>LES MILLS</small> <b>BODY BALANCE</b>	
10:00am							<b>Stretch</b> Stretch Room 30 min
10:30am	<small>LES MILLS</small> <b>BODY BALANCE</b>	<b>Stretch</b> Stretch Room 30 min	<b>Mobility Flow</b> 30 min	<b>Stretch</b> Stretch Room 30 min	<b>Stretch</b> Stretch Room 30 min		
4:00pm 15 mins	<b>Teen Gym</b> Gym Floor	<b>Teen Gym</b> Gym Floor	<b>Teen Gym</b> Gym Floor	<b>Teen Gym</b> Gym Floor	<b>Teen Gym</b> Gym Floor	<b>Legs, Bums and Tums</b> Gym Floor	<b>Tabata</b> Gym Floor 30 min
5:30pm 15 mins	<b>Ab Blast</b> Gym Floor	<b>Legs, Bums and Tums</b> Gym Floor	<b>Ab Blast</b> Gym Floor	<b>Tabata</b> Gym Floor	<b>Ab Blast</b> Gym Floor		
5:45pm	<b>Smash</b>	<b>Boxing</b> 30 min			<b>Smash</b>		
6:30pm		<b>MILIFIT</b>	<small>LES MILLS</small> <b>BODY BALANCE</b>	<b>Ab Blast</b> Gym Floor	<b>Mobility Flow</b> 30 min		

Spin Timetable							
START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	<small>LES MILLS</small> <b>RPM</b>		<b>Rapid Spin</b> 30 min		<small>LES MILLS</small> <b>RPM</b>		
9:15am	<b>Rapid Spin</b> 30 min				<b>Rapid Spin</b> 30 min		
9:45am		<small>LES MILLS</small> <b>RPM</b>					
10:30am							
5:45pm			<b>Rapid Spin</b> 30 min	<small>LES MILLS</small> <b>RPM</b>			
6:30pm	<b>Rapid Spin</b> 30 min						

All Group Fitness classes run for 45 minutes and Small Group Training for 15 minutes unless otherwise specified. All Rapid classes are 30 minutes.

Participants must be 14 years for strength-based classes, conditions apply.

No classes on public holidays.