

CLASS NAME	CLASS OVERVIEW
CARDIO CLASSES	
Boot Camp:	Challenge yourself with this fast-paced, calorie-blasting workout. Bootcamp is a combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. Geared toward all fitness levels. Modifications are always offered for the beginner to the advanced. You get EVERYTHING you need!
Cardio HIIT45:	A freestyle high intensity interval training (HIIT) incorporating cardio and functional strength training.
Boxing:	A non-stop high energy cardio boxing workout! Punching and kicking combinations, mixed with intervals of cardio and strength. Exercises offer a great workout suitable for the beginner to the advanced participant.
Smash Fitness:	Smash Fitness: A freestyle workout incorporating cardio and strength training designed to 'smash' your fitness goals.
HIIT45:	This is your classic high-intensity interval training workout. 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 is sure to improve your fitness, while strengthening your whole body.
Spin/ Survival Spin	An indoor cycling class that is just as much about fun as it is perspiration. Classes cater for all levels of fitness and no experience or coordination is required. An excellent fat burning class where you are in control of the intensity. Survival spin incorporates strength exercises*
STRENGTH-BASED CLASSES	
Les Mills Body Pump:	The original barbell class that will sculpt, tone and strengthen your entire body - fast! It's one of the fastest ways to get in shape, as it challenges all of your major muscle groups as you squat, press, lift and curl to the latest motivating, chart-topping music.
Les Mills CX Worx	A cutting edge 30 minute core workout. It targets the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening and toning your tummy and butt, while providing functional strength and assisting in injury and pain prevention.
Smash Fitness:	Smash Fitness: A freestyle workout incorporating cardio and strength training designed to 'smash' your fitness goals.
MIND AND BODY CLASSES	
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.
Stretch and Mobility	A freestyle class designed for recovery and injury prevention allowing greater awareness of the body. Accompanied by soothing music, the class moves through a series of poses and stretches, including floor exercises, standing and balancing work
TARGETED CLASSES	
Active over 50's:	A targeted fitness program for the over 50s – available in three levels of intensity. Monday, Thursday and Friday - level 3, Tuesday – level 2, Wednesday Level 1. All classes are designed to increase mobility, functional strength and cardiovascular capacity.
After School:	Kid's fitness program for school aged children 5-13 years to develop an interest in fitness in a fun, non-competitive environment (during school terms only).
Teen Programs:	Targeted sessions for teen members.
Small Group Training Classes:	Abs Blast: Abdominal and core training Box and Burn: Boxing and body weight exercises Lift and Learn: Strength training and technique Stretch Workshop: Stretching and Recovery KB Chaos: Strength/ conditioning, technique using Kettle Bells



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For Life

Lake Haven Recreation Centre

Group Fitness Timetable

Spring / Summer 2018

Central Coast Council

Leisure Centres

GROUP FITNESS TIMETABLE							
START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	Body Pump <i>Group Fitness</i>	Cardio HIIT 45 <i>Gym Floor</i>	Boxing <i>Group Fitness 45min</i>	HIIT 45 <i>Group Fitness</i>	Spin <i>Group Fitness 45min</i>		
8:30am	Active over 50s <i>Group Fitness</i>	Active over 50s <i>Group Fitness</i>	Active over 50s (Easy Start) <i>Group Fitness</i>	Active over 50s <i>Group Fitness</i>	Active over 50s <i>Group Fitness</i>	Smash Fitness <i>Group Fitness</i>	
9:30am	HIIT 45 <i>Group Fitness</i>	Body Pump <i>Group Fitness</i>	Smash Fitness <i>Group Fitness</i>	Spin <i>Spin Studio 45min</i>	Survival Spin <i>Group Fitness 60min</i>	Body Balance <i>Group Fitness</i>	Stretch & Mobility <i>Group Fitness</i>
10:30am	Body Balance <i>Group Fitness</i>				Body Balance <i>Group Fitness</i>		
4:00pm				Active Kids* <i>Sports Hall 45mins</i>			
5:30pm	Bootcamp HIIT 45 <i>Outdoors</i>	Body Pump <i>Group Fitness</i>	Spin <i>Spin Studio 45min</i>	Body Pump <i>Group Fitness</i>	Smash Fitness <i>Group Fitness</i>		
6:30pm	Spin <i>Spin Studio 45min</i>	CX WORX <i>Group Fitness 30min</i>	Body Balance <i>Group Fitness</i>	Boxing <i>Group Fitness 30min</i>	Stretch & Mobility <i>Group Fitness</i>		

*Only available in school terms

Participants must be 14 years, conditions apply.

All classes have a maximum capacity for your safety and enjoyment - please arrive early to avoid disappointment.

Classes commence at the scheduled start time and for your safety, **late admittance is not permitted**.

Appropriate gym clothing, towel, water bottle and closed footwear are required for all classes, (closed shoes are not required for Mind and Body classes).

All classes run for one hour unless otherwise specified.

No classes on Public Holidays

SMALL GROUP TRAINING TIMETABLE							
START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am						Abs Blast <i>Gym Floor</i>	
9:15am	Box and Burn <i>Gym Floor</i>	Abs Blast <i>Gym Floor</i>	Lift and Learn <i>Gym Floor</i>	KB Chaos <i>Gym Floor</i>	Abs Blast <i>Gym Floor</i>		
10:00am				Stretch (10:15) <i>Gym Floor</i>	Stretch <i>Gym Floor</i>		
3:00pm	Teen Abs Blast <i>Gym Floor</i>	Teen Boxing <i>Gym Floor</i>	Teen Gym <i>Gym Floor</i>	Teen Abs Blast <i>Gym Floor</i>	Teen Gym <i>Gym Floor</i>		
4:00pm			KB Chaos <i>Gym Floor</i>			KB Chaos <i>Gym Floor</i>	
6:00pm	Abs Blast <i>Gym Floor</i>	Lift and Learn <i>Gym Floor</i>	Box and Burn <i>Gym Floor</i>				

How does Small Group Training differ to a Group Fitness class?

Small group training is different to a group fitness class as the trainer can provide personalised instruction. In this type of training, members are often doing different things, at their own level or ability.

While a group exercise class looks much like a choreographed dance, a small group training class looks like a group of people doing different exercises together at their own rate of speed, intensity, and ability. Group exercise classes are typically larger and limited only by space available, while small group training classes tend to be smaller in scale.

All classes have a maximum capacity for your safety and enjoyment - please arrive early to avoid disappointment. Classes commence at the scheduled start time and for your safety, late admittance is not permitted. Closed footwear is required for all small group training sessions.