

### Freestyle Classes – 30, 45 and 60 Minutes

<b>MILIFIT</b>	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!
<b>F.I.I.T 45</b>	Functional Intense Interval Training or F.I.I.T is a freestyle circuit workout which incorporates a variety of exercises into one big session. We use timing intervals to ensure your heart rate stays high to challenge your fitness. Also taught as a rapid.
<b>TEMP TONERS</b>	A Resistance Training class uses weight plates and barbells to enhance muscle and tone the body. We target major muscle groups throughout the entire body with high reps and low weights. Also taught as a rapid.
<b>STRENGTH &amp; POWER</b>	New and improved class that involves full body functional lifting, plyometrics and explosive movements that will improve your strength and power. Suited to all levels of fitness. Also taught as a rapid.
<b>CARDIO &amp; CORE</b>	This high pace class targets the cardiovascular system by implementing elliptical equipment combined with core strengthening exercises to leave you feeling good.
<b>FRIDAY FINISHER</b>	Finish the week with a 60-minute 100% freestyle class where anything goes. You will never be fully prepared on what to expect but you will be challenged physically followed by a relaxing mobility/stretch session.
<b>SATURDAY SMASH 2.0</b>	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.

### Rapid Classes – 30 Minutes

<b>RAPID TABATA</b>	Your favorite small group training class has been re-invented into a 30 minutes all out intense class. This is a 20 seconds on 10 seconds off timing interval that will challenge you from start to finish.
<b>RAPID SPIN</b>	This indoor cycling class is a sprint that is just as much about fun as it is perspiration. Catered for all levels of fitness and no experience or coordination is required. An excellent fat burning class done in rapid time!
<b>RAPID SURVIVAL SPIN</b>	A Spin class with a twist, we are taking a trip back in time and bringing back survival spin. Body weight exercises will be added to your spin sessions to challenge you on and off the bike.

### Mind + Body Classes

<b>LES MILLS BODY BALANCE</b>	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.
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### Targeted Classes -60 Minutes

<b>ACTIVE OVER 50'S</b>	Targeted fitness program for the over 50s – Each day involves a mixture of Strength/Resistance, Cardio, Mobility/Stability-based exercises.
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### Small Group Training Classes – 15 minutes

- TABATA** – Tabata is an interval session with 20:10 ratio short and sharp to shock the system.
- AB BLAST** – Got a weak core? This is the perfect class for you targeting those abdominals inside and out.
- KETTLEBELL CHAOS** – Grab a kettlebell and strap in for a mini fullbody HIIT pump.
- BODY WEIGHT BURNER** – Inspired by COVID home workouts, this is just you and a whole lot of fun.
- CORE STABILITY** – Bracing is the new crunching, keep your core strong through some controlled core exercises.
- STRETCH** – This is our lengthen and loosen class, a quick full body stretch leaving you limber to avoid tightness.

### General Class Information

All classes have a maximum capacity for your safety and enjoyment – 30 people - 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  
2021

Central Coast Council  
Leisure Centres

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

# Group Fitness Timetable

Effective Monday 11<sup>th</sup> January 2021

## Group Fitness Timetable - Participants capped at 30 people

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am 45min	F.I.I.T 45		MILIFIT		STRENGTH & POWER		
8:30am 60min	ACTIVES CARDIO	ACTIVES COMBO	ACTIVES EASY START	ACTIVES STRENGTH	ACTIVES COMBO	SATURDAY SMASH 2.0 (60MIN)	
9:00am 30min		RAPID STRENGTH & POWER	RAPID TABATA	RAPID TEMPO TONER			
9:30am 15min	TABATA	AB BLAST	CORE STABILITY	KETTLEBELL CHAOS	BODY WEIGHT BURNER	ABS BLAST	STRETCH
9:45am 45min	TEMPO TONERS	F.I.I.T 45	MILIFIT	CARDIO & CORE	STRENGTH & POWER	LES MILLS BODY BALANCE	
10:30am 15min	LES MILLS BODY BALANCE	STRETCH	STRETCH	STRETCH	STRETCH		
5:00pm 45min	F.I.I.T 45	TEMPO TONERS		STRENGTH & POWER			
5:45pm 15min	AB BLAST	CORE STABILITY	BODY WEIGHT BURNER	KETTLE BELL CHAOS	FRIDAY FINISHER (60MIN)		
6:00pm 45min		MILIFIT	TEMPO TONERS	CARDIO & CORE			
6:45pm 15min	STRETCH	STRETCH	LES MILLS BODY BALANCE	STRETCH	STRETCH		

## Spin Timetable - Participants capped at 15 people

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am 30min		RAPID SPIN		RAPID SURVIVAL SPIN			
9:00am 30min	RAPID SURVIVAL SPIN				RAPID SPIN		
5:00pm 30min			RAPID SURVIVAL SPIN				
6:00pm 30min	RAPID SPIN						

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.