

PLC Summer Group Fitness Timetable

Effective Monday 17 January 2022

Due to COVID restrictions some classes are capped

45 minute class

60 minute class

Group Fitness Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	BOOTCAMP Outside/Sports Hall	CYCLE Group Fitness Studio	BODY PUMP Group Fitness Studio	RPM Group Fitness Studio	BOOTCAMP Outside/Sports Hall		
	BODY BALANCE Group Fitness Studio						
7.30am	PILATES Group Fitness Room				PILATES Group Fitness Room	PILATES Group Fitness Room	
8.30am	TRX Sports Hall	BODY PUMP Sports Hall	PILATES Sports Hall	BODY BALANCE Group Fitness Studio	RPM Group Fitness Studio	BODY PUMP Sports Hall	RPM Group Fitness Studio
9.30am	BODY PUMP Sports Hall	BODY COMBAT Sports Hall		BODY PUMP Sports Hall	BODY COMBAT Sports Hall	BODY COMBAT Sports Hall	BODY PUMP Sports Hall
10.00am			TABATA Sports Hall				
10.30am	RPM Group Fitness Studio	BODY BALANCE Group Fitness Studio	YOGA Group Fitness Studio			BODY BALANCE Group Fitness Studio	
11.15am					TAI CHI Group Fitness Studio		
4.30pm		BOXING Group Fitness Studio					
5.30pm	BODY COMBAT Group Fitness Studio	BODY PUMP Group Fitness Studio	BODY COMBAT Group Fitness Studio	BODY PUMP Group Fitness Studio	BODY BALANCE Group Fitness Studio		
6.30pm	BODY PUMP Group Fitness Studio	YOGA Group Fitness Studio	RPM Group Fitness Studio				

Aqua Fitness + Active Over 50s Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30am	SENIOR STRENGTH TRAINING Gym Floor	SENIOR STRENGTH TRAINING Gym Floor	SENIOR STRENGTH TRAINING Gym Floor	SENIOR STRENGTH TRAINING Gym Floor	SENIOR STRENGTH TRAINING Gym Floor		
7.30am				LITE 'N' EASY Program Pool			
8.00am						AQUA DEEP 50m Pool	
						SWIMFIT Main pool	
8.30am		ACTIVE OVER 50s Group Fitness Studio					
10.30am				ACTIVE OVER 50s Group Fitness Room			
12.30pm	LITE 'N' EASY Program Pool		LITE 'N' EASY Program Pool		LITE 'N' EASY Program Pool		
6.30pm	HIGH ENERGY 50m Pool						
6.45pm	SWIMFIT Main pool	SWIMFIT Main pool	SWIMFIT Main pool				

Cardio Classes

BODY COMBAT

Bodycombat is the empowering cardio workout where you feel totally unleashed. This fiercely energetic program is inspired by mixed martial arts, and draws from a wide range of disciplines such as karate, boxing, taekwondo and muay thai.

TABATA

A circuit-based class, incorporating intervals of high intensity cardio and resistance-based exercises. This class is designed to push your current fitness to the next level. Buyer beware!

BOOTCAMP

A bootcamp workout is basically a type of high-intensity interval training (HIIT) - burst of intense activity alternated with intervals of lighter activity.

ACTIVE OVER 50s

A low impact, low intensity class specifically designed for the over 50s and those commencing exercise for the first time. Prior to participating we recommend undertake a fitness assessment with health and fitness staff.

Cycling Classes

RPM

RPM is a high-octane indoor cycling class, where you ride to the rhythm of powerful music. You will take on the terrain with your instructor through hills, flats, mountain peaks and speed intervals on your way to a 500+ calorie-burning high.

CYCLE

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, all set to fun singalong music.

Strength-Based Classes

BODY PUMP

Bodypump is 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.

TRX

Born in the Navy Seals, suspension training develops strength, balance, flexibility and core stability simultaneously.

SENIOR STRENGTH TRAINING

A gym floor based session focusing on strength and mobility, where you can work out with like-minded people and have a cuppa afterwards. Please see gym staff for a fitness assessment prior to your first session.

Mind + Body Classes

BODY BALANCE

Bodybalance is a yoga, tai chi and pilates workout that builds flexibility and strength while leaving you feeling centered 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.

YOGA

Yoga is a traditional practice that aims to create a greater awareness of the body. Accompanied by soothing music, the class moves through a series of poses and stretches, including floor exercises and more challenging standing and balancing work, finishing with relaxation and meditation.

PILATES

A class based on traditional principles, it's perfect for anyone looking to improve core strength and functionality, flexibility, and injury prevention and management.

TAI CHI

This is a gentle martial art that's well known for its health benefits. It is considered to be a form of 'meditation in motion', promoting serenity and inner peace while improving balance, posture, concentration and overall wellbeing.

Aqua Fitness Classes

LITE 'N' EASY

A low intensity aqua fitness class, this is suitable for beginners, seniors or those managing injury or illness. This class uses various equipment, such as pool noodles and dumbbells, to tone and shape the body, while providing a gentle cardiovascular workout.

HIGH ENERGY

Higher in intensity, this aqua fitness class is designed to suit the regular participant, or those who wish to progress from Lite 'n' Easy. This class features a larger cardiovascular component and uses equipment to create a whole body fitness and toning workout.

AQUA DEEP

This aqua fitness class is conducted in deep water, where participants rely on their own buoyancy to create the workout - buoyancy belts are available if required. This class allows participants to work as little or as hard as they choose, and the zero-impact is perfect for those with joint problems or injuries.

SWIMFIT

Led by a qualified ASCTA swim coach, this program is for those who can swim freestyle, but would like to improve their swimming capabilities for general fitness or for competition. Stroke correction is also provided; however, this is a non-competitive swim group which can assist beginners and advanced swimmers.

General Class Information

- 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 classes, except Mind and Body, and Aqua Fitness.
- A ticket must be obtained from reception for entry to a group fitness class - please give this ticket to your instructor.
- All group fitness classes are included in your Gold or Health Club Membership.

