

Group Fitness Timetable



**Reservoir
Leisure
Centre**

January	MON 7 th & 14 th	TUE 8 th & 15 th	WED 9 th & 16 th	THUR 10 th & 17 th	FRI 11 th & 18 th	SAT 12 th & 19 th	SUN 13 th & 20 th
6.00am	BODY PUMP (45 MIN)	RPM	SPRINT	REZFIT	BODY PUMP (45 MIN)		
8.00am	ACTIVE HYDRO		YOGA		ACTIVE HYDRO	REZFIT	
8.15am						BODY PUMP (45 MIN)	
9.00am		AQUA MOVES		AQUA MOVES		BODY STEP	
9.15am	PILATES (45 MIN)	BODY PUMP 45	BODY ATTACK	BODY STEP	BODY ATTACK		BODY ATTACK
9.30am					ARTHRITIS		
9.45am	SPRINT	REZFIT	RPM	REZFIT	RPM		
10.00am	ARTHRITIS	ARTHRITIS		ARTHRITIS			
10.15am							BODY PUMP
10.35am	BODY PUMP	BODY STEP	BODY PUMP	BODY BALANCE	BODY PUMP		
10.35am			ARTHRITIS				
11.15am						ZUMBA	YOGA
11.35am	LLLS	YOGA	LLLS		YOGA		
12.45pm			QI GONG		LLLS		
4.30pm							
5.30pm		BOXFIT 30					
6.00pm	THT	BODY PUMP	BODY JAM	REZFIT			
6.15pm	REZFIT		REZFIT	ZUMBA			
6.30pm		YOGA					
6.30pm	RPM	SPRINT	SPRINT	RPM			
7.00pm	BODY PUMP	BODY STEP	BODY ATTACK (45 MIN)				
7.15pm			AQUA MOVES	BOXFIT 30			
8.00pm	BODY BALANCE	MEDITATION	PILATES				
	GROUP FITNESS STUDIO 1	EAST RESERVOIR COMMUNITY CENTRE	CYCLING STUDIO		GYM – FUNCTIONAL TRAINING AREA		AQUATICS WORKOUTS

Please bring a towel and water bottle to every class.

Contact Us.

A. 2A Cuthbert Road, Reservoir
T. 03 9496 1050

E. rlc@darebin.vic.gov.au
W. reservoirleisurecentre.com.au

Opening Hours.

Mon – Thur. 5:30am – 10.30pm **Fri.** 5:30am – 8.30pm
Sat. 7:30am – 6.30pm **Sun.** 8am – 6pm

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CLASS	DESCRIPTION	EQUIPMENT		
ACTIVE HYDRO	Water exercise in the hydro pool designed to improve muscular strength, cardio-vascular fitness and flexibility in an environment that has minimal impact on the joints.			
AQUA MOVES	Water exercise in the 25 metre pool designed to improve muscular strength, cardio-vascular fitness and flexibility in an environment that has minimal impact on the joints.			
ARTHRITIS	Gentle water exercise in a supportive warm water environment suitable for those coming back from injury or with chronic conditions.			
BODY ATTACK	Sports inspired cardio workout for building strength and stamina. High energy interval training combining athletic movements to take your fitness to the next level.	Exercise Mat		
BODY BALANCE	Combines Yoga, Feldenkrais, Pilates and Tai Chi with set to great music. It will stretch and strengthen your muscles, improve posture and flexibility and teach you valuable relaxation techniques.	Yoga Mat		
BODY JAM	BODYJAM™ is the ultimate combination of music and dance. While we're pretty sure you'll be too busy dancing your butt off, it's good to know that you'll be getting a killer workout and burning calories too.			
BODY PUMP	Use weights to strengthen, condition & tone the whole body. You will also increase bone density as well as burn fat.	Exercise Mat & Fitness Training		
BODY STEP	An athletic, fun step class suitable for all levels with plenty of variety and great music.			
BOXFIT 30	Combines both cardio and bodyweight exercises in a fun 30 minute boxing class	Boxing Inners/Wraps		
LLLS	Live Longer Live Stronger – Improve functionality for everyday life by increasing your fitness, bone density, balance, coordination and flexibility			
MEDITATION	Develop your mind's ability to stay present and mindful. Meditation helps improve physical and mental wellbeing and happiness.			
MUMS & BUBS	A session that combines elements of cardio, toning, strengthening, and core work tailored for all Mums. Excellent for Beginners. Suitable for all fitness levels. Babies, that are not yet crawling are welcome!	Exercise Mat		
PILATES	A low impact class that focuses on strengthening you throughout targeting posture, flexibility, and strength.	Exercise Mat		
QIGONG	Qigong is a great way to improve your health, energy and well-being in a relaxing and enlightening way			
RPM	A group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories. Reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.			
SPRINT	It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results			
REZFIT	A session that runs for 30 minutes filled with TRX cross training exercises and a variety of fundamental body movements in the Functional Area of the Gym. Open to all levels.			
T.H.T	Tummies, Hips & Thighs is a class specifically designed to tone up the mid-section and the lower body muscles. Suitable for all levels.	Exercise Mat		
YOGA	Improve your strength and flexibility with this mind and body workout. Walk out with better posture, breathing awareness and a meditated relaxed mind.	Yoga Mat		
ZUMBA	A class that fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. Its medium impact and a big fat burner!	Appropriate Footwear		
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