

# CLASS TIMETABLE

Please bring a towel and water bottle/drink to all classes  
Effective from 10th September 2018

	GROUP FITNESS STUDIO 1	EAST RESERVOIR COMMUNITY CENTRE	CYCLING STUDIO	GYM - FUNCTIONAL TRAINING AREA	AQUATIC WORKOUTS		
	MON	TUES	WED	THUR	FRI	SAT	SUN
6.00am	BODYPUMP-45	RPM	SPRINT	REZFIT	BODYPUMP-45		
8.00am	ACTIVE HYDRO				ACTIVE HYDRO	REZFIT	
8.15am						BODYPUMP-45	
9.00am	AQUA MOVES	AQUA MOVES	AQUA MOVES	AQUA MOVES		BODYSTEP	
9.15am	PILATES-45	GRIT	THT	BODYSTEP	BODYATTACK		BODYATTACK
9.30am					ARTHRITIS		
9.45am	SPRINT	REZFIT	RPM	REZFIT	RPM	RPM	
10.00am	ARTHRITIS	ARTHRITIS		ARTHRITIS			
10.15am						BODY BALANCE	BODYPUMP
10.35am	BODYPUMP	BODYSTEP	BODYPUMP	BODY BALANCE	BODYPUMP		
10.35am			ARTHRITIS				
11.15am						ZUMBA	YOGA
11.35am	LLLS	YOGA	LLLS	MUMS & BUBS	YOGA		
12.45pm			QI GONG		LLLS		
4.30pm							ZUMBA
5.30pm		GRIT					
6.00pm	THT	BODYPUMP	BODYJAM	REZFIT			
6.15pm	REZFIT		REZFIT	ZUMBA	REZFIT		
6.30pm		YOGA					
6.30pm	RPM	SPRINT	SPRINT	RPM			
7.00pm	BODYPUMP	BODYSTEP	BODYATTACK 45				
7.15pm	AQUA MOVES		AQUA MOVES	GRIT			
8.00pm	BODY BALANCE	MEDITATION	PILATES	MINDFUL MOVEMENT			



**OPENING HOURS**  
Monday - Thursday:  
Friday:  
Saturday:  
Sunday:

5:30am - 10:30pm  
5:30am - 8:30pm  
7:30am - 6:30pm  
8:00am - 6:00pm

**CONTACT US**  
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# CLASS TIMETABLE

Please bring a towel and water bottle/drink to all classes  
Effective from 17th July 2018

CLASS	DESCRIPTION	
ACTIVE HYDRO	Water exercise in the hydro pool designed to improve muscular strength, cardiovascular fitness and flexibility in an environment that has minimal impact on the joints.	-
AQUA MOVES	Water exercise in the 25metre pool designed to improve muscular strength, cardiovascular 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.	-
BODYATTACK	Sports inspired cardio workout for building strength and stamina. High energy interval training combining athletic movements to toake your fitness to the next level	Exercise Mat
BODYBALANCE	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
BODYJAM	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.	
BODYPUMP	Use weights to strengthen, condition & tone the whole body. You will also increase bone density as well as burn fat.	Exercise Mat & Fitness Training
BODYSTEP	An athletic and fun step class suitable for all levels with plenty of variety and great music.	-
GRIT	A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Barbells, weight plate and body weight exercises blast all major muscle groups combined with powerful music and inspirational coaches motivating you to go harder to get fit, fast.	-
Living Longer Live Stronger	Improve functionality for everyday life by increasing you fitness, bone density, balance, coordination and flexibility	-
MEDITATION	Develop your mind's ability to stay present and mindful. Mdeitation helps improve physcial and mental wellbeing and happiness.	-
MINDFUL MOVEMENT	A fusion of yoga, Pilates & qigong, Mindful Movement will help to calm the mind, relax the body and energise the spirit. As the name suggest, Mindful Movement includes a combination of gentle movement, mindfulness, breathing exercises and relaxation techniques. Suitable for everyone	
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 targetting 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.	-
SPIN	30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. A freestyle class that takes you through 45 minutes of coached cycling. Enjoy the variety from session to session through challenging workouts from your awesome instructors	-
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