

Group Fitness Timetable



**Reservoir
Leisure
Centre**

Holiday Timetable 23rd – 29th December

Centre Hours	7:30am – 8:30pm	5:30am – 1:00pm	CLOSED	9:00am – 6:00pm	7:30am – 8:30pm	7:30am – 6:30pm	8:00am – 6:00pm
	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am							
8.00am					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 MIN)		BODY STEP	PILATES		BODY ATTACK
9.30am							
9.45am	SPRINT	✓ REZFIT		REZFIT			
10.00am	ARTHRITIS	ARTHRITIS					
10.15am							BODY PUMP
10.35am	BODY PUMP	BODY STEP			BODY PUMP		
10.35am							
11.15am							YOGA - FLOW
11.35am					YOGA - CLASSIC		
12.35pm							
12.45pm							
4.30pm							
6.00pm							
6.00pm							
6.30pm							
7.00pm							
7.15pm							
8.00pm							

Summer 2020 timetable begins Monday 13th January

GROUP FITNESS
STUDIO 1

EAST RESERVOIR SENIOR
CITIZENS 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

Group Fitness Timetable



Reservoir
Leisure
Centre

Holiday Timetable 30th December – 5th January

Centre Hours	7:30am – 8:30pm	7:30am – 6:00pm	9:00am – 6:00pm	7:30am – 8:30pm	7:30am – 8:30pm	7:30am – 6:30pm	8:00am – 6:00pm
	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am							
8.00am					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 MIN)		BODY STEP			BODY ATTACK
9.30am							
9.45am		✓ REZFIT		REZFIT			
10.00am							
10.15am							BODY PUMP
10.35am	BODY PUMP (10:40am)	BODY STEP			BODY PUMP		
10.35am							
11.15am							YOGA - FLOW
11.35am				YOGA - CLASSIC			
12.35pm							
12.45pm							
4.30pm							✓ ZUMBA
6.00pm							
6.00pm	REZFIT			REZFIT	REZFIT		
6.30pm							
7.00pm							
7.15pm							
8.00pm							

Summer 2020 timetable begins Monday 13th January

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Group Fitness Timetable



Reservoir
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Holiday Timetable 6th – 12th January

Time Hours	5:30am – 10:30pm	5:30am – 10:30pm	5:30am – 10:30pm	5:30am – 10:30pm	5:30am – 8:30pm	7:30am – 6:30pm	8:00am – 6:00pm
	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	BODY PUMP (45 MIN)		REZFIT	SPRINT	BODY PUMP (45 MIN)		
8.00am					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 MIN)		BODY STEP			BODY ATTACK
9.30am					ARTHRITIS		
9.45am	SPRINT	✓ REZFIT	RPM	REZFIT	RPM		
10.00am		ARTHRITIS		ARTHRITIS			
10.15am							BODY PUMP
10.35am	BODY PUMP	BODY STEP	BODY PUMP	BODY BALANCE	BODY PUMP		
10.35am			ARTHRITIS				
11.15am							YOGA - FLOW
11.35am					YOGA - CLASSIC		
12:35pm							
12.45pm							
4.30pm							
6.00pm		BODY PUMP	✓ BODY JAM				
6.00pm	REZFIT	YOGA – SLOW FLOW	REZFIT	REZFIT	REZFIT		
6.30pm	RPM		SPRINT				
7.00pm		BODY STEP	BODY ATTACK 45				
7.15pm			AQUA MOVES				
8.00pm	BODY BALANCE		PILATES				
	GROUP FITNESS STUDIO 1	EAST RESERVOIR SENIOR CITIZENS CENTRE	CYCLING STUDIO	GYM – FUNCTIONAL TRAINING AREA	AQUATICS WORKOUTS		

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CLASS	DESCRIPTION
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.
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.
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 cardio workout your body will love you for!
BODY PUMP	Use weights to strengthen, condition & tone the whole body. You will also increase bone density, support a healthy metabolism and walk out feeling the pump!
BODY STEP	An athletic, fun step class suitable for all levels with plenty of variety and great music.
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!
PILATES	A low impact class that focuses on strengthening your whole body, targeting posture, flexibility and strength.
QIGONG	Qigong (pronounced "chee-gung") uses a system of postures, exercises and breathing techniques and meditations to improve and enhance the bodies qi. According to Chinese philosophy, qi is the fundamental energy responsible for health and vitality.
RPM	A group indoor cycling workout where you control the intensity. It's a fun low impact cardio workout where you can push hard, or cruise – you're in charge of the ride! 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 small group session that runs for 30 minutes filled with functional training movements incorporating TRX, battle ropes, sleds and kettlebells in the Functional area of the gym. A great way to learn new exercises. Suitable for 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.
YOGA - CLASSIC	Improve your strength and flexibility with this mind and body workout. Walk out with better posture, breathing awareness and a meditated relaxed mind.
YOGA - BASICS	Develop a safe, balanced yoga practice with emphasis on alignment, core awareness, breathing and relaxation techniques. Suitable for all levels including beginners.
YOGA – FLOW	Create a balance and inner awareness while focusing on flowing from pose to pose, linking movement and breath. Ignite your inner fire! Slow flow is a slower class. Suitable for all levels including beginners.
ZUMBA	A medium impact 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. Enjoy the way your body moves and don't worry if you forget the steps – its meant to be fun!
GROUP FITNESS STUDIO 1	EAST RESERVOIR SENIOR CITIZENS CENTRE
	CYCLING STUDIO
	GYM – FUNCTIONAL TRAINING AREA

BRING A FRIEND FOR FREE

All health club members can bring a friend for FREE to any Group Fitness class with a ✓ during the spring timetable.

Please bring a towel and water bottle to every class.

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