

Group Fitness Timetable



**Reservoir
Leisure
Centre**

GROUP FITNESS, MIND & BODY CLASSES

	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am							
8.05am						BODY PUMP 45	
9.00am							
9.00am	PILATES 45	BODY PUMP 45				BODY STEP	
10.00am		YOGA - CLASSIC		BODY BALANCE	BODY PUMP		
11.00am	STRENGTH FOR LIFE		STRENGTH FOR LIFE	MUMS & BUBS			YOGA - FLOW
12.00pm					STRENGTH FOR LIFE		
6.00pm	BODY BALANCE	BODY PUMP		ZUMBA			
7.00pm	PILATES	BODY STEP					

FUNCTIONAL TRAINING

	MON	TUE	WED	THUR	FRI	SAT	SUN
6.15am	REZFIT 30		REZFIT 30				
6.15pm		REZFIT 30		REZFIT 30			

CYCLE CLASSES

	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am							
10:00am	SPRINT 30		SPRINT 30		RPM 45		
6.00pm	RPM 45		SPRINT 30	RPM 45			

AQUATIC CLASSES

	MON	TUE	WED	THUR	FRI	SAT	SUN
8.00am	ACTIVE HYDRO						
9.00am		AQUA MOVES	AQUA MOVES	AQUA MOVES	ARTHRITIS		
9.30am							
10.00am		ARTHRITIS	ARTHRITIS	ARTHRITIS			
10.35am							
7.00pm	AQUA MOVES						

GROUP FITNESS STUDIO 1

CYCLE STUDIO

GYM FUNCTIONAL TRAINING AREA

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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GROUP FITNESS STUDIO 1	CYCLE STUDIO	GYM FUNCTIONAL TRAINING AREA
CARDIO & STRENGTH CLASSES		
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.	
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.	
MIND & BODY		
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.	
PILATES	A low impact class that focuses on strengthening your whole body, targeting posture, flexibility and strength.	
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 - 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.	
CYCLE		
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	
DANCE		
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 – it's meant to be fun!	
AQUATIC		
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.	
SPECIALISED CLASSES		
STRENGTH FOR LIFE	Formerly Living Longer Living Stronger – Improve functionality for everyday life by increasing your fitness, bone density, balance, coordination and flexibility	
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!	

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