

# Group Fitness Timetable



Reservoir  
Leisure  
Centre

## Autumn 2021 timetable – Updated 10<sup>th</sup> March

GROUP FITNESS, MIND & BODY CLASSES				CYCLE CLASSES			
	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am		RPM 45		RPM 45	BODY PUMP		
8.10am						RPM 45	
8.15am						BODY STEP	
9.15am	PILATES					BODY PUMP	BODY ATTACK
9.30am	SPRINT 30		RPM 45		SPRINT 30		
10.15am						BODY BALANCE	BODY PUMP
10.35am	BODY PUMP		BODY PUMP	BODY BALANCE	BODY PUMP		
11.15am						ZUMBA	YOGA - FLOW
11.35am	LIVING LONGER	YOGA	LIVING LONGER	MUMS & BUBS	YOGA		
12.45pm							
5.30pm	RPM 45		SPRINT 30		PILATES		
6.00pm	BODY ATTACK	YOGA	BODY PUMP	ZUMBA			
7.00pm	BODY PUMP	BODY JAM	BODY STEP	PILATES			
8.00pm	BODY BALANCE						

FUNCTIONAL TRAINING							
	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	REZFIT		REZFIT				
9.00am						REZFIT	REZFIT
9.45am		REZFIT		REZFIT			
6.15pm	REZFIT		REZFIT				

AQUATIC CLASSES							
	MON	TUE	WED	THUR	FRI	SAT	SUN
8.00am	ACTIVE HYDRO				ACTIVE HYDRO		
9.00am	AQUA MOVES	AQUA MOVES	AQUA MOVES	AQUA MOVES			
9.30am					ARTHRITIS		
10.00am	ARTHRITIS	ARTHRITIS		ARTHRITIS			
10.35am			ARTHRITIS				
7.15pm	AQUA MOVES		AQUA MOVES				

- Bookings are no longer required.
- COVID Safe patron limits are in place.
- Please scan into your class and give your class ticket to the instructor.

Please bring a towel and water bottle to every class.

### Contact Us.

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

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GROUP FITNESS STUDIO 1	CYCLE STUDIO	GYM FUNCTIONAL TRAINING AREA
<b>CARDIO &amp; STRENGTH CLASSES</b>		
<b>BODY ATTACK</b>	Sports inspired cardio workout for building strength and stamina. High energy interval training combining athletic movements to take your fitness to the next level.	
<b>BODY PUMP</b>	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!	
<b>BODY STEP</b>	An athletic, fun step class suitable for all levels with plenty of variety and great music.	
<b>REZFIT</b>	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.	
<b>CARDIO H.I.T</b>	A high energy class using interval style training of short bursts. Designed to boost your metabolism and work up a sweat.	
<b>MIND &amp; BODY</b>		
<b>BODY BALANCE</b>	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.	
<b>PILATES</b>	A low impact class that focuses on strengthening your whole body, targeting posture, flexibility and strength.	
<b>YOGA</b>	Improve your strength and flexibility with this mind and body workout. Walk out with better posture, breathing awareness and a meditated relaxed mind.	
<b>CYCLE</b>		
<b>RPM</b>	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.	
<b>SPRINT</b>	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	
<b>DANCE</b>		
<b>BODY JAM</b>	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!	
<b>ZUMBA</b>	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!	
<b>AQUATIC</b>		
<b>ACTIVE HYDRO</b>	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.	
<b>AQUA MOVES</b>	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.	
<b>ARTHRITIS</b>	Gentle water exercise in a supportive warm water environment suitable for those coming back from injury or with chronic conditions.	
<b>SPECIALISED CLASSES</b>		
<b>LIVING LONGER LIVING STRONGER</b>	Improve functionality for everyday life by increasing your fitness, bone density, balance, coordination and flexibility	
<b>MUMS &amp; BUBS</b>	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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