

# WILLOUGHBY LEISURE CENTRE GROUP FITNESS TIMETABLE SPRING / SUMMER – STARTS 9.10.2017

## SPORTS HALL (\* Maximum capacity = 30 participant per class)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30 AM	HI ENERGY CIRCUIT (45 min)				TABATA (45 min)		
6.15 AM		HI ENERGY CIRCUIT	LES MILLS BODY PUMP*	LES MILLS BODY BALANCE	HI ENERGY CIRCUIT		
8.30 AM	CARDIO & CONDITIONING	CARDIO & CONDITIONING	ZUMBA	CARDIO & CONDITIONING	CARDIO & CONDITIONING	7.15AM LES MILLS BODY PUMP*	8.00AM LES MILLS BODY PUMP*
9.30 AM	STEP*	PILATES	TABATA	LES MILLS BODY PUMP*	LES MILLS BODY ATTACK		9.00AM YOGA
10.30 AM	LES MILLS BODY PUMP*		PILATES		LES MILLS BODY BALANCE		
11.30 AM	11.45AM ACTIVE MOVERS		TAI CHI QIGONG				
12.30 PM	12.45PM EASY MOVERS (45 min)						
6.00 PM		LES MILLS BODY BALANCE	STEP FUSION*				
6.30 PM	LES MILLS BODY STEP 'ATHLETIC'*			6.45pm BOXING (45 min)			

## OTHER FACILITIES / VENUES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15 AM	YOGA (45 mins) Play Club				YOGA (45 mins) Play Club	
6.15 AM	NEW OUTDOOR FITNESS Netball Courts (45 min)			OUTDOOR FITNESS Netball Courts (45 min)		8.30AM OUTDOOR FITNESS Netball Courts (45 min)
9.30 AM	NEW MEDICAL QIGONG Netball Courts	OUTDOOR FITNESS Netball Courts (45 min)	10.00AM ACTIVE MOVERS Joe Ciantor	YOGA 139 Artarmon Rd	TAI CHI QIGONG 139 Artarmon Rd	9.00AM ZUMBA 139 Artarmon Rd
11.30 AM			MOBILITY & BALANCE (30 min) Health Club	11.00AM ACTIVE MOVERS 139 Artarmon Rd	MOBILITY & BALANCE (30 min) Health Club	
12.00 PM		OUTDOOR FITNESS Chatswood Oval (45 mins)		BOXING Chatswood Oval (45 mins)		4.30PM YOGA 139 Artarmon Rd
5.00 PM		TEEN FIT Health Club		TEEN FIT Health Club		
5.30 PM			NEW 5.45PM PILATES Play Club (45 min)	NEW OUTDOOR FITNESS Netball Courts (45 min)		

**CYCLE STUDIO (Maximum capacity = 20 participants per class)**  
**Classes are 45 minutes unless stated**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15 AM	CYCLE		CYCLE		CYCLE		
9.30 AM	LES MILLS RPM		CYCLE		CYCLE	8.30am LES MILLS RPM	5.00pm CYCLE (60 min)
6.30 PM		CYCLE (60 min)		CYCLE (60 min)			

**AQUA (Maximum capacity = 25 participants per class)**

Collect cards from Customer Service and give to the instructor upon entry

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15 AM	NEW AQUA SHALLOW		AQUA SHALLOW			7.15am AQUA DEEP	
8.00 AM	AQUA DEEP		AQUA DEEP		AQUA DEEP		
8.45 AM	AQUA DEEP		AQUA DEEP		AQUA DEEP		
9.30 AM	AQUA DEEP	AQUA DEEP		AQUA DEEP	AQUA DEEP		
10.20 AM	AQUA DEEP				AQUA DEEP		

**KEY:**

	LOW INTENSITY CLASSES
	LOW – MODERATE INTENSITY CLASSES
	MODERATE – HIGH INTENSITY CLASSES
	OUTDOOR CLASSES
	CYCLE CLASSES
	MIND / BODY CLASSES
	AQUA CLASSES
	SPRING / SUMMER CLASSES

**GROUP FITNESS MEMBER INFORMATION**

- For your comfort, bring a towel and water to all classes.
- If you are participating in a class for the first time please arrive early and introduce yourself to the instructor so they can assist you with any equipment and instruction. Please be ready to start your workout at the advertised time.
- If you have any injuries or medical conditions, it is your responsibility to inform the instructor prior to participating in the class.
- Classes and instructors may change at short notice. We apologise in advance for any inconvenience this may cause.
- For class descriptions visit: [www.willoughbyleisure.com.au](http://www.willoughbyleisure.com.au)
- Please note: Class schedule is subject to change due to instructor availability.



**Red Flag System:** Classes with low participation may be highlighted with 'Red Flag'. This means the class requires higher participation to stay on the Group Fitness Timetable

**OFFSITE LOCATIONS:**

- **139 Artarmon Road** – Address: 139 Artarmon Rd, Artarmon (Entry: Tindale Rd)
- **Joe Ciantor Studio** – Address: 8 McIntosh Street Chatswood (Entry: Help St)
- **Chatswood Oval** – Address: Albert Ave & Orchard Rd, Chatswood