

# Group Fitness Class Descriptions

## Group Fitness Classes

**Bodypump:** the original barbell class that strengthens your entire body. Challenge all major muscle groups using the best weight-room exercises including squats, lunges, presses and curls (55 min).

**Boost:** test your endurance, improve your overall strength and cardiovascular fitness in a fast paced class. Save time and boost your results. (30 min).

**Bootcamp:** incorporating strength, power, cardiovascular, boxing and agility training to yield the most complete workout and comprehensive physical fitness.

**Boxing:** throw on some gloves and maximise your power, speed and endurance with high intensity boxing (55 min).

**Core:** strengthen and tone your Abs, whilst also building up your overall functional core strength. (30 min).

**Metafit:** a bodyweight training system that gets results! It is a functional and effective, metabolic workout that will change the way you train (30 min).

**Power:** get strong, powerful and fit in this intense resistance-based class using dumbbells, barbells and your own body weight to test your strength and push your limits (55 min).

**Results:** With an intensity in between Bootcamp and Senior Strength, Results is designed to maximise fitness and strength of the mature aged member (45 min).

**Spin:** with a motivating playlist and instructor, this challenging, low-impact cycle class will rapidly improve your cardiovascular fitness and burn through calories (45 min).

**STRONG by Zumba:** combines body weight, muscle conditioning, cardio and plyometric training to burn calories and tone arms, legs, abs and glutes, all to the beat of original music (55 min).

**Total Body Conditioning:** utilising various challenging equipment and exercises, all sessions have a goal to improve your functional work capacity and sculpt your entire body (55 min).

## Aqua Classes

**Cardio Aqua:** an energetic workout that will get you moving, increase your heart rate and have you working your entire body (45 min).

**Active Aqua:** an exercise class for seniors that uses the resistance of water and weights to improve everyday function for the older adult (45 min).

**Aqua Energy:** in Aqua Energy, anything goes. These classes will be different every week to keep your body guessing and you coming back for more (45 min).

**Aqua Sculpt:** a fantastic water-based cross training class that will not only improve your fitness, but also burn fat, sculpt and tone your entire body (45 min).

## Teen Classes

**Teen Fit Class:** a full body conditioning class for teens aged 13–15 years. These classes incorporate elements of cardiovascular, strength, muscular endurance and balance training to further develop health, fitness and skills (45 min).

**Teen Gym:** a structured gym program for teens aged 13 – 15 years to support healthy growth and development. These sessions are conducted in the gymnasium and are supervised by a gym instructor (90 min).

## Wellbeing Classes

**Pilates:** build strength, flexibility and lean muscle tone using this mat based workout that emphasises body alignment, lengthening, concentration and control (55 min).

**Yoga:** this class incorporates controlled breathing, meditation, and a variety of postures and poses to promote health, relaxation, flexibility, balance and strength.

## Seniors Fitness Classes

**Senior Strength:** improve your function, mobility and strength in this low intensity program designed specifically for seniors (45 min).

**Gymtastic Seniors:** conducted in the gym, this circuit style class focuses on strength, flexibility, stability and posture using a variety of gym-based equipment and movements (55 min).

**Heart Smart:** A very low impact class for older aged patrons. Heart Smart focuses on cardiac rehabilitation, mobility and general strength building (45 min).

# MITCHELL LEISURE SERVICES. Group Fitness Timetables.



## Term 2 Timetable

Tuesday 23 April until  
Sunday 30 June 2019

### Kilmore Leisure Centre

Monday to Thursday	6am – 9pm
Friday	6am – 7pm
Saturday and Sunday	8am – 1pm

### Seymour Sports and Aquatic Centre

Monday to Thursday	6am – 8pm
Friday	6am – 7.30pm
Saturday and Sunday	8am – 1pm

### CONTACT US.

**Kilmore Leisure Centre**  
Address: White Street Kilmore  
Phone: (03) 5734 0600  
Website: [www.mitchellshire.vic.gov.au](http://www.mitchellshire.vic.gov.au)

**Seymour Sports and Aquatic Centre**  
Address: Pollard Street Seymour  
Phone: (03) 5735 1500  
Facebook: [MitchellShireLeisureServices](https://www.facebook.com/MitchellShireLeisureServices)

\*Terms and Conditions apply



## Kilmore Leisure Centre

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6.15am	Bootcamp 45 min	Metafit ★	Bodypump 45 min		Bootcamp 45 min
9.15am	Cardio Aqua	Spin	Aqua Sculpt	Power	Cardio Aqua
	Bodypump Boost	Total Body Conditioning	STRONG by Zumba	Spin	Bootcamp
9.30am			Boost		
10.15am	Active Aqua	Yoga 90 min	Pilates	Yoga 90 min	Active Aqua
					Bodypump
10.30am	Gymtastic Seniors		Gymtastic Seniors		Gymtastic Seniors
12 noon		Senior Strength			Senior Strength
1.45pm				Active Aqua	
4pm	Teen Gym		Teen Gym		Teen Gym
5.30pm	Boxing ★		Metafit ★	Bodypump	
6.15pm		Aqua Sculpt	Aqua Sculpt		
		STRONG by Zumba ★	Core ★		
6.30pm	Bodypump			Spin	
	Spin				
7pm				Yoga 60 min	
7.30pm	Pilates		Pilates ▲		

Time	Saturday	Sunday
8.15am	Aqua Energy	Yoga 90 min
	Bootcamp	
9.15am	Spin	Spin

## Group Fitness FAQs

At Mitchell Shire Leisure Services, we offer a wide variety of group fitness classes every week, led by highly qualified fitness professionals. There is something to suit everyone. We do recommend that you check with your doctor before you commence any group fitness program.

### How do I book a class?

Pick up your class pass at reception on your way in to the centre. Class sizes are limited so get in early to avoid disappointment.

## Seymour Sports and Aquatic Centre

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6am		Bootcamp 60 min		Bootcamp 60 min	
8.30am		Senior Strength		Senior Strength ★	Senior Strength
9.30am	Spin	Active Aqua	Total Body Conditioning	Pilates	Active Aqua
		Total Body Conditioning			Bodypump
10.30am	Active Aqua		Active Aqua		Active Aqua
11.15am			Heart Smart		
4pm	Teen Gym		Teen Fit Class		
5.30pm	Metafit ★	Spin	Pilates	Boost	
6pm	Results			Boxing ★	Boost
6.15pm		Cardio Aqua		Cardio Aqua	
6.30pm		Core ★	Bodypump		
6.45pm	Bodypump				

Time	Saturday
8.15am	Spin

▲ Classes with low patronage that are at risk of being removed or changed next term if attendance does not increase. If you love a class and want it to stay, please bring your friends along.

### What should I bring?

Don't forget your membership card, towel and water bottle and be sure to wear appropriate gym attire so you can move freely at all times.

### It is my first class, what do I do?

Arrive 10 minutes early, pick up your class pass and get to know the instructor. Your instructor can help you set up your equipment, provide the assistance that you need and keep an eye out for you during the class.