

# 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 (45 min).

**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).

**Kettlebells:** A whole body, functional training group fitness class that Utilises kettlebells through a whole range of different movements, suitable for all fitness levels (50mins).

**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).

**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).

## 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.

## Aqua Classes

**Aqua:** a fantastic water-based cross training class that uses the resistance of water, aquatic dumbbells and noodles. Offering a variety of exercise options to cater for a range of fitness levels this class will increase your cardiovascular fitness, burn fat and train your entire body (45 min).

## Teen Classes

**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).

## 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.



## Group Fitness Timetable

Monday 29 June 2020



\*Terms and Conditions apply

### 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)

 **Mitchell Shire  
Leisure Services**

## Kilmore Leisure Centre

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6.15am			Bodypump		
8.15am		Senior Strength		Senior Strength	Senior Strength
9.05am	Aqua		Aqua		Aqua
9.15am	Bodypump	Total Body Conditioning	STRONG by Zumba	Spin	Senior Strength
10.05am					Aqua
10.15am	Body Pump	Yoga	Pilates	Yoga	Bodypump
5.30pm			Metafit	Bodypump	
6pm	STRONG by Zumba	Body Pump			
6.15pm	Spin		Core		
6.30pm		Aqua		Spin Yoga	

Time	Saturday	Sunday
8.15am		Yoga
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
6.15am		Bootcamp		Metafit and Core	Spin
8.30am		Senior Strength		Senior Strength	Senior Strength
9.05am	Aqua		Aqua		Aqua
9.30am	Spin	Metafit	Total Body Conditioning	Pilates	Bodypump
10.05am					Aqua
5.30pm	Metafit and Core	Spin	Pilates		
6.30pm	Bodypump	Aqua	Bodypump		

Time	Saturday
8.15am	Spin

### 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.