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).

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.

Term 4 Timetable

Monday 7 October until Sunday 22 December 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

*Terms and Conditions apply

CONTACT US.

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

Seymour Sports and Aquatic Centre
Address: Pollard Street Seymour
Phone: (03) 5735 1500
Facebook: MitchellShireLeisureServices

Mitchell Shire Leisure Services

Kilmore Leisure Centre

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6.15am	Spin	Metafit ▲	Bodypump		Bootcamp 45 min
9.15am	Aqua	Spin	Aqua	Boost	Aqua
	Bodypump	Total Body Conditioning	STRONG by Zumba	Spin	Boxing
	Boost				
10.15am	Aqua	Yoga 90 min	Pilates	Yoga 90 min	Aqua
					Bodypump
10.30am	Gymtastic Seniors		Gymtastic Seniors		Gymtastic Seniors
12 noon		Senior Strength		Aqua	Senior Strength
4pm	Teen Gym		Teen Gym		Teen Gym
5.30pm	Boxing		Metafit	Bodypump	
6pm		STRONG by Zumba	Core		
6.15pm		Aqua	Aqua		
6.30pm	Bodypump		**Yoga 90 min** ★	Spin	
	Spin				
7pm				Yoga 60 min	
7.30pm	Pilates				

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

Seymour Sports and Aquatic Centre

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6.15am		**Bootcamp 45 min**		**Metafit and Core** ★	**Boxing** ★
8.30am		Senior Strength		Gymtastic Seniors	Senior Strength
9.30am	Spin	Metafit	Bootcamp	Pilates	Aqua
					Bodypump
10am		Pilates			
10.30am	Aqua	Aqua	Aqua		Aqua
11.15am			Heart Smart		
4pm	Teen Gym		Teen Gym		
5.30pm	Metafit	Spin	Pilates	Boost	
6pm	Results			Boxing	**Spin** ★
6.15pm		Aqua		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.

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.

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.