

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).

Bootcamp: incorporating strength, power, cardiovascular, boxing and agility training to yield the most complete workout and comprehensive physical fitness (45 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).

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).

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 23 November until
Sunday 20 December 2020

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 – 9pm
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

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
8.30am	Aqua		Aqua		Aqua
9.15am	Bodypump	Total Body Conditioning	STRONG by Zumba	Spin	Bodypump
10.15am		Yoga 60 min		Yoga 60 min	
10.30am	Gymtastic Seniors				Gymtastic Seniors
5.30pm				Bodypump	
6.15pm	Spin				
6.30pm	Pilates 45 min	Aqua		Spin	
				Yoga 60 min	

Time	Saturday	Sunday
8.15am		Yoga 60 min
9.15am	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		Bootcamp	
8.30am	Aqua		Aqua		Aqua
9.30am	Spin	Metafit	Total Body Conditioning	Pilates	Total Body Conditioning
					Senior Strength
10.30am			Heart Smart		
5.30pm		Spin	Pilates		
6.30pm		Aqua	Total Body Conditioning		

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.