

LPAC Timetable

Monday 10th April to Sunday 17th April 2022



	Monday April 11	Tuesday April 12	Wednesday April 13	Thursday April 14	Friday April 15	Saturday April 16	Sunday April 17	
6:00am	Body Pump Ingrid	HCT Val RPM Kat	Body Pump Jordan	Body Pump Con Cycle Eshref	Good Friday Gym Closed	Gym Opens 6am to 7pm on weekends	Gym Opens 6am to 7pm on weekends	
	Cycle Eshref	Aqua DW Donna	Cardio Boxing Samara	Aqua DW Donna		RPM Kat		
7:00am	Hatha Yoga Jenny Aqua DW Ward	Fast 30 Kat	Vinyasa Yoga Yasmin Aqua DW Eser				Hatha Yoga Jenny	Pilates Felicia
7:15am		Power Pilates Val		Power Pilates Lindsey				
7:30am	Strong Seniors Esh		Strong Seniors Esh				Cardio Boxing Julie P.	Cycle Rosetta
8:00am	Strong Seniors Bernie	Lite Pace Aqua PP Max Strong Seniors Bernie	Strong Seniors Eser	Lite Pace Aqua PP Kim Strong Seniors Esh				Body Pump Felicia
8:30am	Stretching Rosetta		Stretching Josh				Body Pump Julie P.	Total Body Seniors Rosetta
9:00am	Aqua DW Bernie	Stretching Josh Aqua DW Max	Aqua DW Rosetta	Stretching Josh Aqua DW Kim			Strong Seniors Val	Aqua DW Alt. Instructor
9:30am	Body Pump Julie Cycle Anne	Body Combat Anne Cycle Bernie	Body Pump Anne	Vinyasa Yoga Carol Cycle Rosetta Zumba Lauryn				Body Combat Felicia
10:00am	Aqua DW Bernie	Aqua DW Max Pilates Reg	Aqua SW Cycle / Core Rosetta	Aqua DW Kim			Pilates Val Aqua DW Alt. Instructor RPM Rosetta	Aqua DW Alt. Instructor
10:30am	Body Balance Julie FitKid Dee Dee	Body Pump Anne		Pilates Lindsey				Ashtanga Yoga Catalina
11:00am	HIIT Josh		Active Seniors Rosetta HIIT Josh				Pilates Val	
11:30am	Active Seniors Rosetta	Vinyasa Yoga Carol						
12:00pm	Seniors Aqua PP Bernie	Seniors Aqua PP Rosetta HIIT Josh	Seniors Aqua PP Max	Seniors Aqua PP Ward HIIT Josh				
1:00pm	Seniors Aqua PP Bernie	Seniors Aqua SW Rosetta	Seniors Aqua PP Max	Seniors Aqua SW Ward				
4:00pm							Aqua SW Ward	
5:00pm							RPM Ronnie	Body Pump
5:30pm	ABT Rosetta Hatha Yoga Esh	Body Pump	Body Pump Rosetta	HCT			Lite Pace Aqua PP Ward	
6:00pm				RPM Rosetta				
6:30pm	Cycle Esh	Body Balance Aileen Box / HCT Rosetta Power Aqua SW Donna	Cycle Eshref Hatha Yoga Jeanette	Power Aqua SW				
7:00pm				Body Balance Aileen				
7:30pm	Zumba Diego							

Bayside Studio
 Functional Training Zone
 Mind Body Studio
 Seniors
 (S) = Seasonal
 Pool used: DW = Dive pool (deep water) SW = Olympic pool (shallow water) PP or Hydro = Indoor pool (shallow water)

Please note: Timetable shows class start time not duration. Lesmills, Cycle, RPM and Aqua classes run for 45 mins. All other classes run for 50 mins. Due to unforeseen circumstances instructors may change from time to time. Please refer to our website for all timetable changes.
www.innerwest.nsw.gov.au

LPAC Timetable
18th to 24th of April 2022



	Monday April 18	Tuesday April 19	Wednesday April 20	Thursday April 21	Friday April 22	Saturday April 23	Sunday April 24
6:00am		HCT RPM Aqua DW	Body Pump Cardio Boxing	Body Pump Cycle Aqua DW	HCT RPM Core on the Ball	Gym Opens 6am to 7pm on weekends	Gym Opens 6am to 7pm on weekends
7:00am	Cycle	Fast 30	Vinyasa Yoga Aqua DW		Fast 30 Hatha Yoga Aqua DW		
7:15am		Power Pilates		Power Pilates			
7:30am			Strong Seniors		Strong Seniors	Hatha Yoga	Pilates
8:00am	Strong Seniors	Lite Pace Aqua PP Strong Seniors	Strong Seniors	Lite Pace Aqua PP Strong Seniors	Seniors Circuit	Cardio Boxing	Cycle
8:30am			Stretching Josh		Pilates		Body Pump Felicia
9:00am	Aqua DW	Stretching Aqua DW	Aqua DW	Stretching Aqua DW	Body Pump Aqua DW	Body Pump Strong Seniors	Total Body Seniors Aqua DW
9:30am	Body Pump	Body Combat Cycle	Body Pump	Vinyasa Yoga Cycle Zumba	Pilates		Body Combat
10:00am		Aqua DW Pilates	Aqua SW Cycle / Core	Aqua DW	Aqua DW Cycle/ HIIT Body Combat	Pilates Aqua DW RPM	Aqua DW
10:30am		Body Pump		Pilates			Ashtanga Yoga
11:00am			Active Seniors HIIT		Active Seniors HIIT	Pilates	
11:30am	Active Seniors	Vinyasa Yoga					
12:00pm	Seniors Aqua PP	Seniors Aqua PP HIIT	Seniors Aqua PP	Seniors Aqua PP HIIT	Seniors Aqua PP		
1:00pm		Seniors Aqua SW	Seniors Aqua PP	Seniors Aqua SW	Seniors Aqua PP		
4:00pm						Aqua SW	
5:00pm						RPM Lite Pace Aqua	Body Pump
5:30pm	Cycle	Body Pump	Body Pump Rosetta	HCT	Body Pump		
6:00pm				RPM			
6:30pm		Body Balance Box / HCT Power Aqua SW	Cycle Hatha Yoga	Power Aqua SW	Hatha Yoga		
7:00pm				Body Balance			

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AQUA CLASSES

Lite Pace Aqua (shallow water). Gentle exercise in the water for beginners, those rehabilitating injuries, with arthritis or those who don't feel confident in deep water. Duration is 45 mins.

Aqua - SW (shallow water). A workout in the outdoor pool utilizing not only the water itself but the pool bottom as a resistance to increase heart/lung fitness, muscular strength/definition, and flexibility. Aqua fitness equipment may be used to enhance these benefits. Suitable for everyone.

Power Aqua (shallow water). Power Aqua is a full intensity cardio workout. This rugged water workout is sure to make you sweat even in the water. Suitable for everyone. Class runs for 45mins.

Aqua - DW (deep water). A great workout in deep water. Buoyancy belts may be used as floatation and back support. This is a NON-impact class delivering similar benefits as SW Aqua. Suitable for all fitness levels, however, water confidence is required.

Seniors Aqua (shallow water). This class is held in a fully covered hydrotherapy pool, heated at 31 degrees and runs for 45mins. A gentle workout for beginners, those rehabilitating injuries and arthritis. Catered for Seniors.

LES MILLS CLASSES

Body Balance – A Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

Body Combat – Punch! Jab! Hook! Kick! the fat away. Fight your way to overall fitness and the body shape you deserve. Body Combat is a martial arts workout combining Karate, Boxing & Tai Chi to name a few in a fun low impact aerobic workout for beginners and advanced alike.

Body Pump – Is a fun, motivating simple to follow workout that gets you into fantastic shape fast. Pump is a non-impact class designed to give your body a complete workout using barbells and weights to music that lasts for an hour.

RPM – Is the indoor cycling routine workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring instructor who leads the pack through hills, flats, mountain peaks, time trials, and interval training. The duration is 45 mins and is suitable for all.

MIND BODY CLASSES

Pilates – Mind/body series of exercises performed in a slow and controlled manner. Geared to improve posture, restore balance, align the body, and relieve muscular tension/stress by targeting the abdominal and back muscles. Suitable for all.

Power Pilates – This class is designed to take your Pilates to the "Next-level" in terms of strength, endurance, agility and flexibility. Lengthen and strengthen your body with the ultimate Power Pilates workout. This class combines Pilates principles with the use of equipment such as Swiss balls, Dumbbells and Circles with a wide range of variable movements. Suitable for all.

Yoga (Hatha) – an intelligent nurturing, non-competitive way of bringing all aspects of our lives and ourselves into balance and harmony. Has major therapeutic value and is suitable for people of all ages and physical conditions.

Yoga (Ashtanga) - involves syncing up a continuous and structured series of postures with the breath. It features five asana series and each one must be mastered before moving to the next series. Ashtanga yoga focus on; Moral codes, Self-purification and study, Posture, Breathing, Internal is listening, Concentration, Meditation, State of unity.

Vinyasa Yoga – Vinyasa means "breath – synchronised with movement". You move from one pose to the next with the breath leading your movement ensuring the poses flow together smoothly and seamlessly. This style of yoga is alignment orientated to maximise benefits and minimise the possibility of injury. Suitable for everyone whatever age, strength, flexibility or fitness levels.

Hatha Fusion Yoga- Uses elements of several yoga styles and focuses on alignment and modifying poses to suit all abilities. Provides a great foundation for all yoga practice and is a great stress management tool.

GET FIT CLASSES

HCT – (Hard Core Training) A high intensity circuit style class, using simple but effective moves and exercises. Like an indoor boot camp involving lots of cross-training. This class gives you a great workout combining cardiovascular exercise with strength training.

Cardio Boxing - A great class essentially working both the upper and low body. A stimulating and effective class that burns fat and increases your fitness. A full body workout that will keep you moving the whole time. A great class to relieve stress.

Cycle - This class is simulated to road cycling undertaken in an indoor class situation where both a musical landscape and the instructor's words and actions are the guidance on a mental journey. The duration is 45 mins and is suitable for all.

HIIT– High intensity interval training (HIIT), is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with body weight and equipment. The duration is 30 mins

Stretching – Stretching class keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. The duration is 30 mins and is suitable for all.

Fast 30 – Gives you all the benefit and skills or riding a bike to its limits but with the safety and motivation of an indoor class. This 30-minute session will give you maximum calorie burn and cardiovascular fitness

ABT – Abs, Butts & Thighs our old favourite. An intense warm-up followed by a blasting of "the bits."

Body Burn – Combines low impact cardio, step and light weights, with a core focus at the end. This one works your whole body!

intense recovery periods, until too exhausted to continue. session duration is 30 mins.

Core on the Ball – In this class you will learn how to activate and train the important core stabilisers that support the spine and work the body in a functional way utilising the Fit Ball.

Cycle / HIIT- The first component of the class is cardiovascular on the spin bikes. The second half of the class is circuit training which can be a challenging high co-ordinated workout using body weight and equipment. Suited to all fitness levels.

Box / HCT – This class combines the benefits of cardio boxing with the high intensity of our Hard Core Training (HCT) class. This class gives you a great workout combining cardiovascular exercise with strength training, with a full body workout that will keep you moving the whole time.

KIDS CLASSES

Fit kid – Exercise and fitness for children with a focus on having fun and playing games. Suitable for children 2-5yrs. Fit kid classes are not included in the membership

Kids Yoga - Children will stretch, move and relax while they develop not only strength, coordination, flexibility and balance, but also body awareness, better focus and concentration, as well as self-confidence. Children will be introduced to yoga poses, breathing exercises and mindfulness through stories, journeys, songs, music accompanied by live African drum, yoga games and guided visualizations in a fun, non-competitive and supportive environment.

DANCE CLASSES

Zumba – Get ready to Zumba!!! The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create routines that feature interval training to tone and sculpt your body while burning fat. Enjoy this challenging workout and have lots of fun!!

SENIORS CLASSES

Strong Seniors – A combination of cardiovascular and resistance training with a balance component. The first component of the class is cardiovascular on the spin bikes. Designed specifically for seniors to assist with bone density, balance and increasing overall fitness levels. Some fit ball or free weights included.

Seniors Circuit – The first component of the class is cardiovascular on the spin bikes. The second half of the class is circuit training which can be a challenging low co-ordinated workout using body weight and equipment. Suited to all fitness levels.

Total Body Seniors – This fun class will feature a total body experience starting with 25 mins of pre-choreographed strength and conditioning workout followed by a core and a stretch component. Suits all fitness levels.

Active Seniors – A fun filled low to moderate intensity class for non-exercisers, people at risk of heart disease and people returning to exercise from a cardiac event (post rehab). This is a perfect introductory class for our Strong Seniors class or someone wanting to get moving again and is full of fun.

Fit Seniors – This fun class will move through a variety of simple cardio and resistance exercises designed to increase muscular strength, improve your range of movement and coordination for daily living. The duration is 55 mins