

LPAC Timetable



	25 Jan Monday	26 Jan Tuesday	27 Jan Wednesday	28 Jan Thursday	29 Jan Friday	30 Jan Saturday	31 Jan Sunday
6:00am	Body Pump Ingrid Cycle Eshref	Public holiday Gym opens 6:00am	Body Pump Jordan HCT Christine	Body Pump Con Cycle Eshref Aqua DW Donna	HCT Christine RPM Kat Core on the Ball Rosetta	Gym Opens 6am to 7pm on weekends	Gym Opens 6am to 7pm on weekends
6:55am					Fast 30 Kat		
7:00am	Hatha Yoga Jenny Aqua DW Ward	RPM Kat	Vinyasa Yoga Carol Aqua DW Eser		Hatha Yoga Jenny	RPM Kat	
7:15am		Power Pilates Hande		Power Pilates Lindsey			
7:30am	Strong Seniors Esh		Strong Seniors Bernie		Strong Seniors Val	Hatha Yoga Jenny	Body Balance Amanda
8:00am	Strong Seniors Bernie	Lite Pace Aqua Rosetta Strong Seniors Bernie	Strong Seniors Eser	Lite Pace Aqua PP Max Strong Seniors Esh	Seniors Circuit Rosetta	HCT Julie P. Fast 30 - Kat	Cycle Rosetta
8:30am			Stretching Rosetta		Pilates Val		Body Pump Felicia
9:00am	Aqua DW Bernie	Aqua DW Ward	Aqua DW Amanda	Aqua DW Rosetta Stretching Jared	Body Pump Anne Aqua DW Eser	Body Pump Julie P. Strong Seniors Val	Total Body Seniors Rosetta Aqua DW Donna
9.30am	Body Pump Charry Cycle Anne	Body Combat (45min) Felicia Cycle Bernie	Body Pump Anne	Vinyasa Yoga Carol Cycle Anne	Pilates Val		Body Combat Felicia
10.00am	Aqua DW Bernie	Aqua DW Ward Pilates Reg	Aqua SW Amanda Cycle / Core Rosetta	Aqua DW Rosetta	Aqua DW Eser Cycle/ HIIT Rosetta Body Pump Anne	Pilates Val Aqua DW Donna	Aqua DW Donna
10:15am		Body Pump (45min) Felicia					
10:30am	Body Balance Amanda FitKid Dee Dee			Pilates Lindsey			Ashtanga Yoga Catalina
11:00am	HIIT Josh		Active Seniors Rosetta	HIIT Josh	Active Seniors Eser	Pilates Val	
11:15am		Vinyasa Yoga Carol					
11:30am	Active Seniors Shaz						
12:00pm	Seniors Aqua PP Amanda	Seniors Aqua PP Ward	Seniors Aqua PP Amanda	Seniors Aqua PP Ward	Seniors Aqua PP Rosetta HIIT Josh		
12:30pm	Stretching Josh		Outdoor Circuit (Oval2)				
1:00pm	Seniors Aqua PP Amanda	Seniors Aqua PP Ward	Seniors Aqua PP Amanda	Seniors Aqua Oly.P. Ward	Seniors Aqua PP Rosetta		
3:30pm					Stretching Jared		
4:30pm		Kids Yoga Yasmin	HIIT Josh				
5:00pm						RPM Ronnie L.P Aqua PP Ward	Body Pump Charry
5:30pm	ABT Julie Hatha Yoga Harriet	Body Pump Yuton	Body Pump Rosetta		Body Pump Rosetta		
6:00pm				Body Combat Julie Cycle Val			
6:30pm	HCT Con Cycle Rosetta	Public holiday Gym Closed 7:00pm	Cycle Eshref Hatha Yoga Jeanette	Power Aqua Oly.Pool Ward	Hatha Yoga Jeanette		
7:00pm				Pilates Reg			
7:30pm	Zumba Diego						

Studio 1
 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

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 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.

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.

Outdoor Circuit This high intensity, fun workout will boost your energy levels, help you feel revitalised and reduce your levels of anxiety and stress at the same time. Plus, exercising in the great outdoors will improve your mental wellbeing and self-esteem. The duration is 45 mins.

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