

LPAC Timetable

Monday 20 December 2021 to Sunday 26 December 2021



	Monday Dec 20	Tuesday Dec 21	Wednesday Dec 22	Thursday Dec 23	Friday Dec 24	Saturday Dec 25	Sunday Dec 26
6:00am	Body Pump Ingrid Cycle Val	HCT Val RPM Kat Aqua DW Donna	Body Pump Jordan Cardio Boxing Samara	Body Pump Con Cycle Rosetta Aqua DW Donna	HCT Dani Core on the Ball Rosetta	<p><b>Christmas day</b></p> <p><b>Centre Closed</b></p> <p><b>Christmas eve Gym opretation hours 530am-7pm</b></p>	<p><b>Public Holiday Gym opens 6:00am</b></p> <p>Pilates Felicia</p> <p>Cycle Rosetta</p> <p>Body Pump Felicia</p> <p>Total Body Seniors Rosetta Aqua DW Eser</p> <p>Body Combat Felicia</p> <p>Aqua DW Eser</p> <p>Ashtanga Yoga Carol</p> <p>Body Pump Charry</p> <p><b>Public Holiday Gym closes 7:00pm</b></p>
6:55am							
7:00am	Hatha Yoga Jenny Aqua DW Ward	Fast 30 Kat	Vinyasa Yoga Yasmin Aqua DW Eser		Hatha Yoga Jenny Aqua DW Rosetta		
7:15am		Power Pilates Val		Power Pilates Lindsey			
7:30am	Strong Seniors Val		Strong Seniors Dani		Strong Seniors Dani		
8:00am	Strong Seniors Bernie	Lite Pace Aqua PP Amanda Strong Seniors Bernie	Strong Seniors Eser	Lite Pace Aqua PP Kim Strong Seniors Eser	Seniors Circuit Rosetta		
8:30am					Pilates Dani		
9:00am	Aqua DW Bernie	Aqua DW Amanda	Aqua DW Dani	Aqua DW Kim	Body Pump Susan Aqua DW Eser		
9:30am	Body Pump Charry Cycle Val	Body Combat Felicia Cycle Bernie	Body Pump Con	Vinyasa Yoga Carol Cycle Jo Zumba Lauryn	Pilates Dani		
10:00am	Aqua DW Bernie	Aqua DW Amanda Pilates Reg	Aqua SW Dani Cycle / Core Rosetta	Aqua DW Kim	Aqua DW Eser Cycle/ HIIT Rosetta Body Combat Susan		
10:30am	Body Balance Charry	Body Pump Felicia		Pilates Lindsey			
11:00am			Active Seniors Rosetta		Active Seniors Eser		
11:30am	Active Seniors Rosetta	Vinyasa Yoga Carol					
12:00pm	Seniors Aqua PP Bernie	Seniors Aqua PP Amanda	Seniors Aqua PP Dani	Seniors Aqua PP Ward	Seniors Aqua PP Rosetta		
1:00pm	Seniors Aqua PP Bernie	Seniors Aqua SW Amanda	Seniors Aqua PP Dani	Seniors Aqua SW Ward	Seniors Aqua PP Rosetta		
4:00pm							
4:30pm		Kids Yoga Yasmin					
5:00pm							
5:30pm	ABT Maddie Hatha Yoga Catalina	Body Pump Yuton	Body Pump Rosetta	HCT Dani			
6:00pm				RPM Yuton			
6:30pm	HCT Maddie Cycle Jo	Body Balance Charry Box / HCT Rosetta Power Aqua SW Donna	Cycle Jo Hatha Yoga Jeanette	Power Aqua SW Dani			
7:00pm				Pilates Yuton			
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](http://www.innerwest.nsw.gov.au)

LPAC Timetable



Monday 27 December 2021 to Sunday 2 January 2022

	Monday Dec 27	Tuesday Dec 28	Wednesday Dec 29	Thursday Dec 30	Friday Dec 31	Saturday Jan 1	Sunday Jan 2	
6:00am	<b>Public holiday Gym opens 6:00am</b>	<b>Public holiday Gym opens 6:00am</b>	Body Pump Jordan	Body Pump Con	HCT Val	<b>New Years day Gym opens 6:00am</b>	Gym Opens 6am to 7pm on weekends	
			Cardio Boxing Rosetta	Cycle Rosetta	Cycle - Kat			Core on the Ball Rosetta
6:55am								
7:00am	Hatha Yoga Catalina Aqua DW Eser		Vinyasa Yoga Yasmin Aqua DW Rosetta		Hatha Yoga Yasmin Aqua DW Rosetta	RPM Kat		
7:15am		Power Pilates Hande		Power Pilates Val				
7:30am			Strong Seniors Dani		Strong Seniors Val	Hatha Yoga Jeanette		Body Balance Julie P
8:00am	Strong Seniors Eser	Strong Seniors Rosetta	Strong Seniors Rosetta	Lite Pace Aqua PP Rosetta Strong Seniors Val	Seniors Circuit Rosetta	Cardio Boxing Julie P.		Cycle Rosetta
8:30am					Pilates Val			Body Pump Felicia
9:00am	Aqua DW Eser		Aqua DW Dani	Aqua DW Rosetta	Body Pump Yuton	Body Pump Julie P. Strong Seniors Val	Total Body Seniors Rosetta	
9.30am	Body Pump Charry Cycle Rosetta	Body Combat Felicia Cycle Rosetta	Body Pump Susan	Vinyasa Yoga Carol Cycle Val	Pilates Val		Body Combat Felicia	
10.00am	Aqua DW Eser	Pilates Hande	Aqua SW Dani Cycle / Core Rosetta	Aqua DW Rosetta	Cycle/ HIIT Rosetta Body Combat Yuton	Pilates Val RPM Charry	Aqua DW Rosetta	
10:30am	Body Balance Charry	Body Pump Felicia		Pilates Val			Ashtanga Yoga Yasmin	
11:00am			Active Seniors Rosetta		Active Seniors Val	Pilates Val		
11:30am	Active Seniors Rosetta	Vinyasa Yoga Carol						
12:00pm	Seniors Aqua PP Dani	Seniors Aqua PP Rosetta	Seniors Aqua PP Dani		Seniors Aqua PP Rosetta			
1:00pm	Seniors Aqua PP Rosetta		Seniors Aqua PP Dani		Seniors Aqua PP Rosetta			
4:00pm								
4:30pm		Kids Yoga Yasmin						
5:00pm						RPM Ronnie	Body Pump Charry	
5:30pm	ABT Maddie Hatha Yoga Catalina	Body Pump Jordan	Body Pump Rosetta	HCT Dani	Body Pump Rosetta			
6:00pm				RPM Yuton				
6:30pm	<b>Public holiday Gym closes 7:00pm</b>	<b>Public holiday Gym closes 7:00pm</b>	Cycle Val Hatha Yoga Jeanette	Power Aqua SW Dani	<b>New Years Eve Gym closes 7:00 pm</b>	<b>New Years Day Gym closes 7:00pm</b>		
7:00pm				Pilates Yuton				

LPAC Timetable



Monday 3 January 2022 to Sunday 9 January 2022

	Monday Jan 3	Tuesday Jan 4	Wednesday Jan 5	Thursday Jan 6	Friday Jan 7	Saturday Jan 8	Sunday Jan 9
6:00am	<b>Gym opens at 6am Public holiday</b>	HCT Val	Body Pump Jordan	Body Pump Con	HCT Val	Gym Opens 6am to 7pm on weekends	Gym Opens 6am to 7pm on weekends
		RPM Kat		Cycle Val	RPM Kat		
6:55am		Aqua DW Eser		Aqua DW Eser	Core on the Ball Rosetta		
7:00am	Hatha Yoga Catalina Aqua DW Ward	Fast 30 Kat	Vinyasa Yoga Yasmin Aqua DW Rosetta		Hatha Yoga Catalina Aqua DW Rosetta	RPM Kat	
7:15am		Power Pilates Val		Power Pilates Val			
7:30am	Strong Seniors Daniela		Strong Seniors Dani		Strong Seniors Val	Hatha Yoga Val	Body Balance Julie P
8:00am	Strong Seniors Val	Lite Pace Aqua PP Eser Strong Seniors Val	Strong Seniors Val	Lite Pace Aqua PP Eser Strong Seniors Val	Seniors Circuit Rosetta	Cardio Boxing Julie P.	Cycle Rosetta
8:30am			Stretching		Pilates Val		Body Pump Felicia
9:00am	Aqua DW TBA	Stretching Josh Aqua DW Eser	Aqua DW Dani	Stretching Josh Aqua DW Ward	Body Pump Yuton Aqua DW Eser	Body Pump Julie P. Strong Seniors Val	Total Body Seniors Rosetta Aqua DW Alt. Instructor
9:30am	Body Pump Charry Cycle Val	Body Combat Felicia Cycle Jo	Body Pump Christy	Vinyasa Yoga Carol Cycle Eser Zumba Lauryn	Pilates Val		Body Combat Felicia
10:00am	Aqua DW TBA	Aqua DW Eser Pilates Reg	Aqua SW Dani Cycle / Core Rosetta	Aqua DW Ward	Aqua DW Eser Cycle/ HIIT Rosetta Body Combat Yuton	Pilates Val Aqua DW Alt. Instructor RPM Charry	Aqua DW Alt. Instructor
10:30am	Body Balance Charry	Body Pump Felicia		Pilates Val			Ashtanga Yoga Catalina
11:00am	HIIT Josh		Active Seniors Rosetta HIIT Josh		Active Seniors Eser HIIT Josh	Pilates Val	
11:30am	Active Seniors Rosetta	Vinyasa Yoga Carol					
12:00pm	Seniors Aqua PP Daniela	Seniors Aqua PP Eser HIIT Josh	Seniors Aqua PP Dani	Seniors Aqua PP Ward HIIT Josh	Seniors Aqua PP Rosetta		
1:00pm	Seniors Aqua PP Rosetta	Seniors Aqua SW Eser	Seniors Aqua PP Dani	Seniors Aqua SW Ward	Seniors Aqua PP Rosetta		
4:00pm						Aqua SW Ward	
4:30pm		Kids Yoga Yasmin					
5:00pm		HIIT Rosetta		HIIT Maddie		RPM Ronnie	Body Pump Charry
5:30pm	ABT Maddie Hatha Yoga Catalina	Body Pump Yuton	Body Pump Rosetta	HCT Dani	Body Pump Rosetta		
6:00pm				RPM Yuton			
6:30pm	<b>Gym Closes 7pm Public holiday</b>	Body Balance Charry Box / HCT Rosetta Power Aqua SW TBA	Cycle Jo Hatha Yoga Jeanette	Power Aqua SW Dani	Hatha Yoga Jeanette		
7:00pm				Pilates Yuton			
7:30pm							

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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