

# LPAC Timetable



	21 Dec Monday	22 Dec Tuesday	23 Dec Wednesday	24 Dec Thursday	25 Dec Friday	26 Dec Saturday	27 Dec Sunday			
6:00am	Body Pump Ingrid RPM Yuton	HCT Christine RPM Kat Aqua DW Donna	Body Pump Con HCT Christine	Body Pump Con RPM Yuton Aqua DW Eser	<p style="text-align: center;"><b>Christmas Day</b></p> <p style="text-align: center;"><b>Centre Closed</b></p>	<p style="text-align: center;">Gym Opens 6am to 7pm on weekends</p>	<p style="text-align: center;">Gym Opens 6am to 7pm on weekends</p>			
6:55am										
7:00am	Hatha Yoga Jenny Aqua DW Ward	Fast 30 Kat	Vinyasa Yoga Carol Aqua DW Eser						Cycle Eser	
7:15am		Power Pilates Hande		Power Pilates Lindsey						
7:30am	Strong Seniors Max		Strong Seniors Bernie						Hatha Yoga Jenny	Body Balance Con
8:00am	Strong Seniors Bernie	Lite Pace Aqua Amanda Strong Seniors Bernie	Strong Seniors Eser	Lite Pace Aqua PP Max Strong Seniors Rosetta					HCT Julie P. Fast 30 Eser	Cycle Rosetta
8:30am			Stretching Rosetta							Body Pump Felicia
9:00am	Aqua DW Bernie	Aqua DW Ward Stretching Josh	Aqua DW Amanda	Aqua DW Ward Stretching Jared					Body Pump Julie P. Strong Seniors Eser	Total Body Seniors Rosetta Aqua DW Ward
9:30am	Body Pump Charry Cycle Rosetta	Body Combat (45min) Felicia Cycle Bernie	Body Pump Yuton	Vinyasa Yoga Carol RPM Yuton						Body Combat Felicia
10:00am	Aqua DW Bernie	Aqua DW Ward Pilates Reg	Aqua SW Amanda Cycle / Core Rosetta	Aqua DW Ward					Pilates Harriet Aqua DW Ward	Aqua DW Ward
10:15am		Body Pump (45min) Felicia								
10:30am	Body Balance Amanda FitKid Dee Dee			Pilates Lindsey						Ashtanga Yoga Catalina
11:00am	HIIT		Active Seniors Rosetta	HIIT					Pilates Harriet	
11:15am		Vinyasa Yoga Carol								
11:30am	Active Seniors Shaz									
12:00pm	Seniors Aqua PP Amanda	Seniors Aqua PP Ward HIIT	Seniors Aqua PP Amanda	Seniors Aqua PP Ward						
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						
3:30pm										
4:30pm		Kids Yoga Dee Dee	HIIT							
5:00pm									RPM Ronnie L.P Aqua PP Ward	Body Pump Charry
5:30pm	ABT Rosetta Hatha Yoga Jenny	Body Pump Ingrid	Body Pump Rosetta	<p style="text-align: center;"><b>Christmas eve Gym operation hours 530am-530pm</b></p>						
6:00pm										
6:30pm	HCT Con Cycle Rosetta	Body Balance Amanda HCT Rosetta Power Aqua Oly.Pool Max	Cycle Rosetta Hatha Yoga Jeanette							
7:00pm										
7:30pm	Zumba Eser									

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/lpac](http://www.innerwest.nsw.gov.au/lpac)

# LPAC Timetable



	28 Dec Monday	29 Dec Tuesday	30 Dec Wednesday	31 Dec Thursday	1 Jan Friday	2 Jan Sat	3 Jan Sunday
6:00am	<b>Public holiday Gym opens 6:00am</b>	HCT Julie	Body Pump Jordan	Body Pump Con	<b>New Years day Gym opens 6:30am</b>	Gym Opens 6am to 7pm on weekends	Gym Opens 6am to 7pm on weekends
		RPM Kat		RPM Yuton			
6:55am		Aqua DW eser	HCT Con	Aqua DW Eser			
7:00am	Hatha Yoga Jenny	Fast 30 Kat	Vinyasa Yoga Carol		Hatha Yoga Charry	RPM Kat	
	Aqua DW Ward		Aqua DW Eser				
7:15am		Power Pilates Hande		Power Pilates Reg			
7:30am	Strong Seniors Leigh		Strong Seniors Rosetta		Strong Seniors Eser	Hatha Yoga Jenny	Body Balance Amanda
8:00am	Strong Seniors Rosetta	Lite Pace Aqua Ward	Strong Seniors Eser	Lite Pace Aqua PP Ward	Seniors Circuit Rosetta	HCT Julie P.	Cycle Rosetta
		Strong Seniors Rosetta		Strong Seniors Rosetta		Fast 30 - Kat	
8:30am					Pilates Reg		Body Pump Felicia
9:00am	Aqua DW Ward	Aqua DW Ward	Aqua DW Eser	Aqua DW Ward	Body Pump Julie	Body Pump Julie P.	Total Body Seniors Rosetta
	Body Pump Charry	Body Combat (45min) Julie		Vinyasa Yoga Carol	Aqua DW Eser	Strong Seniors Eser	Aqua DW Ward
9:30am	Cycle Rosetta	Cycle Rosetta	Body Pump Julie	RPM Yuton	Pilates Reg		Body Combat Felicia
10:00am	Aqua DW Ward	Aqua DW Ward	Aqua SW Eser	Aqua DW Ward	Aqua DW Eser	Pilates Harriet	Aqua DW Ward
		Pilates Hande	Cycle / Core Rosetta		Cycle/ HIIT Rosetta	Aqua DW Ward	
10:15am		Body Pump (45min) Julie			Body Pump Julie		
10:30am	Body Balance Julie			Pilates Hande			Ashtanga Yoga Catalina
11:00am			Active Seniors Rosetta		Active Seniors Eser	Pilates Harriet	
11:15am		Vinyasa Yoga Carol					
11:30am	Active Seniors Rosetta						
12:00pm	Seniors Aqua PP Ward	Seniors Aqua PP Ward	Seniors Aqua PP Ward	Seniors Aqua PP Ward	Seniors Aqua PP Rosetta		
12:30pm							
1:00pm	Seniors Aqua PP Rosetta	Seniors Aqua PP Ward	Seniors Aqua PP Ward	Seniors Aqua Oly.P. Ward	Seniors Aqua PP Rosetta		
3:30pm							
4:30pm							
5:00pm						RPM Ronnie	Body Pump Charry
						L.P Aqua PP Ward	
5:30pm	ABT Rosetta	Body Pump Ingrid	Body Pump Rosetta		Body Pump Rosetta		
	Hatha Yoga Catalina						
6:00pm							
6:30pm	<b>Public holiday Gym closes 7:00pm</b>	Body Balance Con	Cycle Rosetta	<b>New Years Eve Gym closes 5:30 pm</b>	<b>New Years Day Gym closes 7:00pm</b>		
		HCT Rosetta	Hatha Yoga Jeanette				
		Power Aqua Oly.Pool Ward					
7:00pm							
7:30pm							

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# LPAC Timetable



	4 Jan Monday	5 Jan Tuesday	6 Jan Wed	7 Jan Thursday	8 Jan Friday	9 Jan Saturday	10 Jan Sunday
6:00am	Body Pump Ingrid	HCT Christine RPM Kat	Body Pump Jordan	Body Pump Con RPM Yuton	HCT Christine RPM Kat	Gym Opens 6am to 7pm on weekends	Gym Opens 6am to 7pm on weekends
6:55am	Cycle Jo	Aqua DW Amanda	HCT Christine	Aqua DW Max	Core on the Ball Rosetta		
7:00am	Hatha Yoga Jenny Aqua DW Ward	Fast 30 Kat	Vinyasa Yoga Carol Aqua DW Eser		Hatha Yoga Jenny		
7:15am		Power Pilates Hande		Power Pilates Yuton			
7:30am	Strong Seniors Rosetta		Strong Seniors Max		Strong Seniors Max	Hatha Yoga Jenny	Body Balance Amanda
8:00am	Strong Seniors Max	Lite Pace Aqua Amanda Strong Seniors Rosetta	Strong Seniors Eser	Lite Pace Aqua PP Max Strong Seniors Rosetta	Seniors Circuit Rosetta	HCT Julie P. Fast 30 - Jo	Cycle Rosetta
8:30am			Stretching Rosetta		Pilates Charry		Body Pump Felicia
9:00am	Aqua DW Ward	Aqua DW Ward Stretching Josh	Aqua DW Amanda	Aqua DW Ward Stretching Jared	Body Pump Yuton Aqua DW Eser	Body Pump Julie P. Strong Seniors Eser	Total Body Seniors Rosetta Aqua DW Ward
9.30am	Body Pump Charry Cycle Rosetta	Body Combat (45min) Julie Cycle Rosetta	Body Pump Julie	Vinyasa Yoga Carol RPM Yuton	Pilates Julie		Body Combat Felicia
10.00am	Aqua DW Ward	Aqua DW Ward Pilates Reg	Aqua SW Amanda Cycle / Core Rosetta	Aqua DW Ward	Aqua DW Eser Cycle/ HIIT Rosetta Body Pump Yuton	Pilates Harriet Aqua DW Ward	Aqua DW Ward
10:15am		Body Pump (45min) Julie					
10:30am	Body Balance Amanda			Pilates Yuton			Ashtanga Yoga Catalina
11:00am	HIIT Josh		Active Seniors Rosetta	HIIT Josh	Active Seniors Eser	Pilates Harriet	
11:15am		Vinyasa Yoga Carol					
11:30am	Active Seniors Rosetta						
12:00pm	Seniors Aqua PP Amanda	Seniors Aqua PP Ward HIIT Josh	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			HIIT Josh				
5:00pm						RPM Ronnie L.P Aqua PP Ward	Body Pump Charry
5:30pm	ABT Julie Hatha Yoga Catalina	Body Pump Ingrid	Body Pump Rosetta		Body Pump Rosetta		
6:00pm				Body Combat Julie Cycle rosetta			
6:30pm	HCT Con Cycle Rosetta	Body Balance Amanda HCT Rosetta Power Aqua Oly.Pool Max	Cycle Rosetta Hatha Yoga Jeanette	Power Aqua Oly.Pool Eser	Hatha Yoga Jeanette		
7:00pm				Pilates Reg			
7:30pm	Zumba Eser						

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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 Tech** – This class teaches the correct lifting techniques used in Pump. This class is recommended to all those new to Pump.

**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.

**Power Yoga** - is a modern fitness-based yoga practice. It is an energetic yoga class designed to pump up the heart rate, build internal heat and improve overall fitness. Yoga poses are performed in a flowing sequence while connecting the breath to movement. The benefits of power yoga are both physical and mental benefits as it focuses on building strength, endurance and determination. If you're looking for a yoga workout to fire up the body and mind, then try the Power Yoga.

**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.

**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 of 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