

LPAC Timetable  
Timetable runs 2<sup>nd</sup> September until 24<sup>th</sup> November



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	BODYPUMP	RPM	BODYPUMP	BODYPUMP	HCT	Gym Opens 6am to 7pm on weekends	Gym Opens 6am to 7pm on weekends
	Cycle	Aqua DW	RPM	Cycle Aqua DW	RPM		
7:00am	Hatha Yoga	FIT30: RPM			Hatha Yoga	RPM	
	Aqua DW	BODYBALANCE			FIT30: RPM Aqua DW	Hatha Yoga	
7:15am				Power Pilates			
7:30am	Strong Seniors	Strong Seniors	Strong Seniors		Strong Seniors		
8:00am		Lite Pace Aqua PP	Vinyasa Yoga	Lite Pace Aqua PP		Cardio Boxing	Cycle
8:30am	Active Seniors	Strong Seniors	Total Body Seniors	Strong Seniors	Total Body Seniors		
9:00am	FIT30: Stretch & Mobility	FIT30: Stretch & Mobility	FIT30: Core	FIT30: Stretch & Mobility	FIT30: Stretch & Mobility	BODYPUMP	Total Body Seniors
		Aqua SW		Aqua DW		Move Well Seniors	Aqua SW
9:30am	BODYPUMP	BODYCOMBAT	BODYPUMP	Vinyasa Yoga	BODYPUMP	RPM	
	Cycle	Cycle	Aqua SW	Cycle	Cycle		
	Aqua DW		Cycle		Aqua DW		
10:00am		Aqua DW		Aqua DW		Pilates	Ashtanga Yoga 90 mins
						Aqua DW	BODYCOMBAT Aqua DW
10:30am	BODYBALANCE	BODYPUMP		Pilates	BODYCOMBAT Aqua DW		
11:00am	FIT30: HIIT	FIT30: HIIT	Active Seniors	Strong Seniors	FIT30:HIIT		Pilates
			FIT30:HIIT				
11:30am	Active Seniors	Vinyasa Yoga			Active Seniors	Tai Chi	Meditation
12:00pm	Seniors Aqua PP	Seniors Aqua PP	Seniors Aqua PP	Seniors Aqua PP	Seniors Aqua PP		
	FIT30:HIIT		FIT30: HIIT	Fit30:HIIT			
			Zumba				
12:30pm				Active Seniors	Pilates		
1:00pm	Seniors Aqua PP	Move Well	Seniors Aqua PP	Move Well	Seniors Aqua PP		
		Seniors Aqua Outdoor		Seniors Aqua Outdoor			
4:00pm						Aqua SW	
4:30pm						Vinyasa Yoga	BODYPUMP
						Cycle	
5:30pm	BODYCOMBAT	BODYPUMP	BODYPUMP	Cycle	BODYPUMP		
	Hatha Yoga						
6:00pm		Power Aqua SW					
6:30pm	Cycle	Cycle	Cycle	BODYBALANCE	Hatha Yoga		
	Pilates	BODYBALANCE	Hatha Yoga				
7:30pm	Zumba						

Bayside Studio
  Functional Training Zone
  Mind Body Studio
  Strong Seniors
  Outdoors
  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. All classes are 55 minutes in duration, including cleaning and pack up. 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

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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 55 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.

**Senior Aqua Outdoor** A gentle workout for beginners, those rehabilitating injuries and arthritis in the outdoor pool. 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 fast-paced, barbell-based workout that's specifically designed to help you get lean, toned, and fit. It uses a combination of motivating music, fantastic instructors, and scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.

**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.

**Tai Chi** – a Chinese martial art and system of callisthenics, consisting of sequences of very slow controlled movements.

**Move Well** – Decrease your risk of injuries and help joints move through their full range of motion. Improved flexibility helps physical performance and improves posture. This is a hands on class, using breath, gentle stretching methods and foam rolling that will allow you to reconnect with your body and target tight muscles. Suitable for every body.

### 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.

**FIT30: 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

**FIT30 RPM** – 30 minute classes of RPM.

**FIT30 Core** – a 30 minute core class dedicated to target all aspects core, to strengthen the core to assist with other exercises and over all stability.

**FIT30 Stretch & Mobility** - 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.

### 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.

**Total Body Seniors** – This fun class will feature a total body experience starting with a 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.

**Move Well Seniors** – Over time, joints can feel stiff due to the muscles and connective tissue shortening and become thinner. Slow down the aging process and increase your flexibility, not just to improve your range of motion, but also to feel great. This is a hands on class, using breath, gentle stretching methods and foam rolling that will allow you to reconnect with your body and increase muscle blood flow. Suitable for every body.

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