

Kununurra Lesiure Centre - Group Fitness Timetable

This timetable is current as of : August 2, 2010



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Public Holidays
5:30 AM	Boot X (Town Oval) Fiona	SPIN Sumah	Pump Sumah	Cardio Box Sarah	ABT Sarah		
10:00 AM		Mum's n Bub's Sarah		LLLS Circuit Sarah		Circuit Sarah	Cardio Box TBA
12:30 PM (45 min class)			Corporate Power Hour Kate				
3:00 PM (45 min class)		Kinder Moves (3-5 years) Sarah					
3:45 PM (45min class)		Mini Moves (6-9 years) Sarah					
5:30 PM	Kick Box (outside) Sarah		Aqua Kate	Cardio Box Maria			
6:00 PM		Running group (outside) Glenn		SPIN (squash court) Glenn			

Participants please note:

	These classes will commence from Monday August 2, 2010
	These classes will commence from Tuesday August 10, 2010
	These classes will commence from Wednesday August 25, 2010
	This class will commence from Wednesday September 1, 2010

- Before participating in a fitness class please see your medical practitioner for a health assessment.
 - For safety reasons, participants may not enter a class more than 5 minutes after the class has started.
 - Participants must inform the instructor of any pre-existing injury.
 - Due to changes in demand, the fitness class timetable is subject to change – please see signage for class changes.
 - In addition, the fitness class schedule is reduced on public holidays and over holiday periods.
 - Participants must be 16 years of age or older to participate in a fitness class.
 - For your own comfort, please bring along a towel and drink bottle.
 - Please note that all classes run for 60 minutes unless otherwise specified.
- We hope you enjoy your workout!



'RED FLAG' SYSTEM: Classes with low participation may be highlighted with a 'red flag' symbol. This means the class requires higher participation to stay on the timetable. If numbers stay low for a period of 4 weeks or longer, it may be changed to a class that may attract higher participation, or cancelled. Please speak to the Kununurra Leisure Centre Staff for more information.

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Boot X:

Boot X is a group fitness class with a difference. This outdoor class conducted on the town oval aims to transform your lifestyle by providing body conditioning and increasing your motivation and confidence through teamwork. This class is suitable for all levels of fitness, some fast walking and/or running will be involved.

Spin:

Spin is an indoor cycling workout where you ride to the sound of music. Take on the terrain with your inspiring Instructor who will lead you through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high. This class caters for all levels of fitness. Please note that limited bikes are available, therefore participants are encouraged to arrive early.

Pump:

Pump is a fast way to reduce body fat. It's a toning and conditioning class with weights and is for just about everybody who wants to add strength training into their aerobic workout. The simplicity of the class is a great starting point to develop strength and confidence. If you're new to weights-resistance exercise or you're out of shape, you should start with light weights.

Kick Box :

Kick Box is a kickboxing inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. This class caters for all fitness levels. Please note that the class will be conducted outside on the grassed area.

Cardio Box:

Cardio box primarily focus on building and increasing your cardiovascular system through the sport of boxing, however small cardio and strength based exercises will be incorporated. You will learn and develop the correct techniques to several different punches, whilst working on core stability. This class caters for all fitness levels.

Running Group:

The Running Group provides a friendly environment for anyone who wants to run at any level from basic fitness training through to competing in ultra marathons. The sessions will be run outdoors and will include a variety of run sessions based on both distance and/ or time, with the specific aim being on technique, and speed.

Abs, Butt and Thighs (ABT):

This workout focuses primarily on the Abs, Butt and Thighs. It's a class that caters for all levels with a goal of improving strength in the abdominal region, and toning the legs.

Mum's & Bub's:

The Mum's & Bub's Class is a group exercise program run specifically for Mums. Involvement of your child is essential in the class as they will help you build strength and stamina, in new and diverse ways.

Kinder Moves:

The Mini Moves Program is a fun based fitness program for children aged 3-5yrs featuring warm-up activities, cardiovascular and strength activities, skill bases activities to improve ball handling, fun games, stretching and balance activities followed by the group making and eating a healthy snack. Parent attendance during class is not required.

Mini Moves:

This program provides a selection of developmentally appropriate physical activities for 6-9yr olds. It contains games, exercises, and physical activities chosen and designed specifically to develop strong bones and muscles. Followed by the group making and eating a healthy snack. Parent attendance during class is not required.

Circuit:

Circuit training is an excellent way to improve fitness and strength. This class involves a number of aerobic and strength exercises set up as stations, done for an allotted time before moving to the next. This class caters to all levels.

Aqua:

Weight bearing, low impact, low resistance, light cardio exercise. Ideal for an individual who is commencing a fitness regime; is undergoing rehabilitation; is pregnant; or is senior requiring some resistance training. Classes' use of a variety of equipment and are conducted in a group environment, catering for all levels of fitness. Class duration 45minutes, conducted in the 25 metre Lap Pool.

Corporate Power Hour:

Corporate Power Hour is a 45 min session (allowing 15mins to get back to the office) that will get you out of the office over the hump of the week in no time at all. This cardio based fitness session will include several styles of group fitness to increase your cardio vascular system, tone your muscles and get you in a great mood.

Living Longer Living Stronger (LLLS):

This class focuses on strength training as an exercise for people over the age of 50years. It is a series of progressive exercises that work the muscles, bones and joints using resistance. Resistance can include free weights, hand and ankle weights, machine weights, or your own body weight. The aim is to strengthen muscles, retain bone density and increase joint flexibility, in a fun and friendly atmosphere.