

# Group Fitness Timetable



**Reservoir  
Leisure  
Centre**

Summer January 2020 timetable – begins 13<sup>th</sup> January

	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	BODY PUMP (45 MIN)	RPM	REZFIT	SPRINT	BODY PUMP (45 MIN)		
6:30am			YOGA - BASICS	REZFIT			
8.00am	ACTIVE HYDRO				ACTIVE HYDRO	REZFIT	
8.15am						BODY PUMP (45 MIN)	
9.00am	AQUA MOVES	AQUA MOVES	AQUA MOVES	AQUA MOVES		BODY STEP	
9.15am	PILATES (45 MIN)	BODY PUMP (45 MIN)	THT	BODY STEP	PILATES		BODY ATTACK
9.30am					ARTHRITIS		
9.45am	SPRINT	REZFIT	RPM	REZFIT	RPM		
10.00am	ARTHRITIS	ARTHRITIS		ARTHRITIS			
10.15am						BODY BALANCE	BODY PUMP
10.35am	BODY PUMP	BODY STEP	BODY PUMP	BODY BALANCE	BODY PUMP		
10.35am			ARTHRITIS				
11.15am						ZUMBA	YOGA - FLOW
11.35am	STRENGTH FOR LIFE (LLLS)	YOGA - CLASSIC	STRENGTH FOR LIFE (LLLS)	MUMS & BUBS	YOGA - CLASSIC		
12:35pm			YOGA - CLASSIC				
12.45pm					STRENGTH FOR LIFE (LLLS)		
4.30pm							ZUMBA
6.00pm	THT	BODY PUMP	BODY JAM	ZUMBA			
6.00pm	REZFIT	YOGA – SLOW FLOW	REZFIT		REZFIT		
6.30pm	RPM	SPRINT	SPRINT	RPM			
7.00pm	BODY PUMP	BODY STEP	BODY ATTACK 45				
7.15pm	AQUA MOVES		AQUA MOVES	BODY BALANCE			
8.00pm	BODY BALANCE		PILATES				
	GROUP FITNESS STUDIO 1	EAST RESERVOIR SENIOR CITIZENS CENTRE	CYCLING STUDIO	GYM – FUNCTIONAL TRAINING AREA	AQUATICS WORKOUTS		

Please bring a towel and water bottle to every class.

## Contact Us.

**A.** 2A Cuthbert Road, Reservoir  
**T.** 03 9496 1050

**E.** [rlc@darebin.vic.gov.au](mailto:rlc@darebin.vic.gov.au)  
**W.** [reservoirleisurecentre.com.au](http://reservoirleisurecentre.com.au)

## Opening Hours.

**Mon – Thur.** 5:30am – 10.30pm **Fri.** 5:30am – 8.30pm  
**Sat.** 7:30am – 6.30pm **Sun.** 8am – 6pm

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CLASS	DESCRIPTION		
ACTIVE HYDRO	Water exercise in the hydro pool designed to improve muscular strength, cardio-vascular fitness and flexibility in an environment that has minimal impact on the joints.		
AQUA MOVES	Water exercise in the 25 metre pool designed to improve muscular strength, cardio-vascular fitness and flexibility in an environment that has minimal impact on the joints.		
ARTHRITIS	Gentle water exercise in a supportive warm water environment suitable for those coming back from injury or with chronic conditions.		
BODY ATTACK	Sports inspired cardio workout for building strength and stamina. High energy interval training combining athletic movements to take your fitness to the next level.		
BODY BALANCE	Combines Yoga, Feldenkrais, Pilates and Tai Chi with set to great music. It will stretch and strengthen your muscles, improve posture and flexibility and teach you valuable relaxation techniques.		
BODY JAM	BODYJAM™ is the ultimate combination of music and dance. While we're pretty sure you'll be too busy dancing your butt off, it's good to know that you'll be getting a killer cardio workout your body will love you for!		
BODY PUMP	Use weights to strengthen, condition & tone the whole body. You will also increase bone density, support a healthy metabolism and walk out feeling the pump!		
BODY STEP	An athletic, fun step class suitable for all levels with plenty of variety and great music.		
STRENGTH FOR LIFE	Formerly Living Longer Living Stronger – Improve functionality for everyday life by increasing your fitness, bone density, balance, coordination and flexibility		
MEDITATION	Develop your mind's ability to stay present and mindful. Meditation helps improve physical and mental wellbeing and happiness.		
MUMS & BUBS	A session that combines elements of cardio, toning, strengthening, and core work tailored for all Mums. Excellent for Beginners. Suitable for all fitness levels. Babies, that are not yet crawling are welcome!		
PILATES	A low impact class that focuses on strengthening your whole body, targeting posture, flexibility and strength.		
QIGONG	<i>QiGong will be returning to RLC at 12:35 on Wednesdays again from 12<sup>th</sup> February.</i> Qigong (pronounced "chee-gung") uses a system of postures, exercises and breathing techniques and meditations to improve and enhance the bodies qi. According to Chinese philosophy, qi is the fundamental energy responsible for health and vitality.		
RPM	A group indoor cycling workout where you control the intensity. It's a fun low impact cardio workout where you can push hard, or cruise – you're in charge of the ride! Reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.		
SPRINT	It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results		
REZFIT	A small group session that runs for 30 minutes filled with functional training movements incorporating TRX, battle ropes, sleds and kettlebells in the Functional area of the gym. A great way to learn new exercises. Suitable for all levels.		
T.H.T	Tummies, Hips & Thighs is a class specifically designed to tone up the mid-section and the lower body muscles. Suitable for all levels.		
YOGA - CLASSIC	Improve your strength and flexibility with this mind and body workout. Walk out with better posture, breathing awareness and a meditated relaxed mind.		
YOGA - BASICS	Develop a safe, balanced yoga practice with emphasis on alignment, core awareness, breathing and relaxation techniques. Suitable for all levels including beginners.		
YOGA – FLOW	Create a balance and inner awareness while focusing on flowing from pose to pose, linking movement and breath. Ignite your inner fire! Slow flow is a slower class. Suitable for all levels including beginners.		
ZUMBA	A medium impact class that fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. Enjoy the way your body moves and don't worry if you forget the steps – its meant to be fun!		
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