



# GROUP FITNESS TIMETABLE

Download the RLC App to book your class spot and keep up to date with class and/or instructor changes

GROUP FITNESS – STUDIO 1 – INSTRUCTOR LEAD CLASSES							
GROUP FITNESS – STUDIO 1 – VIRTUAL CLASSES – Please see class descriptions							
	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	STRENGTH		BODY PUMP 45	STRENGTH	BODY PUMP 45		
6.15am		LOW IMPACT 30					
7.00am	YOGA 40	STRENGTH	PILATES+CARDIO 30	YOGA 40	PILATES+CARDIO 30		
8.15am						BODY STEP	BODY PUMP
8.30am			YOGA 40		YOGA 40		
8.45am	BARRE 30	HIIT CARDIO 30		HIIT CARDIO 30			
9.15am	STRETCH 10	STRETCH 10		STRETCH 10	BARRE 30	BODY PUMP	
9.20am			STEP				
9.30am	PILATES 45	T.H.T		T.H.T			BODY COMBAT
9.45am					LOW IMPACT 30		
10.30am	BODY PUMP	GOLDEN OLDIES	BODY PUMP	BODY BALANCE	BODY PUMP	YOGA	ZUMBA (S)
11.30am						ZUMBA	YOGA FLOW
11.35am	LIVING LONGER	YOGA	LIVING LONGER	POST NATAL 45	YOGA FUSION		
12.35pm					MEDITATION 30		
2.00pm	STEP	STRENGTH	BARRE 30	STRENGTH	PILATES+CARDIO 30	BARRE 30	STRENGTH
6.00pm		T.H.T	BODY PUMP	REZCARDIO 45			
6.15pm	PILATES 45				HIIT CARDIO 30		
7.00pm	BODY PUMP	BODY BALANCE	BODY STEP	ZUMBA	YOGA 40		

CYCLE - CYCLE STUDIO							
	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am		RPM 45		CYCLE 45			
8.10am						RPM 45	
9.30am	RPM 45		RPM 45		SPRINT 30		
10.30am							CYCLE 45
5.30pm	SPRINT 30		SPRINT 30				
6.00pm		RPM 45					

FUNCTIONAL TRAINING SESSIONS – GYM FLOOR							
	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00am	REZFIT 30		REZFIT 30		REZFIT 30		
8:15am						REZFIT 45	
9.15am						REZFIT 45	
12.00pm				REZFIT 30			
5.30pm	REZFIT 45	REZFIT 45	REZFIT 45				
6.30pm	REZFIT 45		REZFIT 45				

AQUATIC – 25M or HYDROTHERAPY POOL							
	MON	TUE	WED	THUR	FRI	SAT	SUN
8.00am	ARTHRITIS 45				ACTIVE HYDRO 45		
9.00am	AQUA MOVES 45	AQUA MOVES 45	AQUA MOVES 45	AQUA MOVES 45			
9.30am					ARTHRITIS 45		
10.00am		ARTHRITIS 45	ARTHRITIS 45	ARTHRITIS 45			
7.20pm	AQUA MOVES 45		AQUA MOVES 45				

\*\*\* NOTE: All classes are an hour unless specified. E.g. RPM 45

# CLASS DESCRIPTIONS

BODY COMBAT	LES MILLS BODYCOMBAT™ - is a high-energy martial-arts inspired workout; non-contact with no complex moves to master. BODYCOMBAT works your legs, tones your arms, back and shoulders and provides phenomenal core training. You develop coordination, agility, speed, and feel empowered.
BODY PUMP	LES MILLS BODYPUMP™- 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	LES MILLS BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs. You can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout! Plenty of options - suitable for all levels.
RezCARDIO 45	A high-intensity interval workout with well-earned resting periods sure to spike the metabolism and get the heart rate up. A total body workout to simple non choreographed exercises. A different workout every week that's guaranteed to keep you on your toes!
T.H.T	A low to medium impact freestyle class focused on strengthening and toning the tummy, hips, and thighs.
BODY BALANCE	LES MILLS BODYBALANCE™ 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.
PILATES 45	A low impact class that focuses on strengthening your whole body, targeting posture, flexibility, and strength.
YOGA	Improve your strength and flexibility with this mind and body workout. Walk out with better posture, breathing awareness and a meditated relaxed mind.
ZUMBA	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 – it's meant to be fun!
ZUMBA (S)	Seasonal Class – running from Sunday 21 <sup>st</sup> April to 2 <sup>nd</sup> June.
LIVING LONGER LIVING STRONGER 45	Improve functionality for everyday life by increasing your fitness, bone density, balance, coordination, and flexibility. Suitable for chair-based participants.
GOLDEN OLDIES 45	A gentle moving cardio class to help with active daily living, incorporating agility, balance, coordination, and strength exercises.
POST NATAL 45	A session that combines elements of cardio, toning, strengthening, and core work tailored for birthing parents to return to exercise. Excellent for Beginners. Suitable for all fitness levels. Babies' that are not yet crawling are welcome!
BARRE 30	30min class. 30-MINUTE BARRE TO RECENTER YOUR MIND AND BODY. This 30-minute barre routine focuses on recentering your mind and body, so you'll be sure to stop and take some deep breaths throughout. You'll start with a quick warmup that will get your body moving and jump right into barre-inspired moves like pliés, battements, and so much more. <u>Equipment:</u> Mat
HIIT CARDIO 30	30min class. HIIT CARDIO: PRISON BREAK. This workout uses a number of classic bodyweight movements with the hands behind the head, which increases the stability challenge and incorporates more work through the core and back. <u>Equipment:</u> Mat
LOW IMPACT 30	30min class. 30-MINUTE LOW-IMPACT CARDIO WORKOUT. In this routine, you'll start with standing arms, followed by lateral lunges, kickback pulls, bird dogs, and glute bridges along with many other moves that will challenge your body from head to toe. <u>Equipment:</u> Mat
PILATES+CARDIO 30	30min class. 30-MINUTE HARDEST PILATES AND CARDIO WORKOUT. In this routine, you'll start on the mat working on a leg and core series. You'll work your way up to standing exercises, which include knee drives, jumps, and so much more! <u>Equipment:</u> Mat
STEP	60min class. PARTY ROCKIN' STEP WORKOUT #1. Looking to put some fun back into your workouts? Then this workout is for you! A little more steady state and less circuit-like, this workout is more choreography-driven and drizzled with do-able fun footwork that will keep your toes tapping and your heart pumping. <u>Equipment:</u> Bench and risers.
STRENGTH	A 60min Virtual Barbell class to strengthen, condition & tone the whole body. RIP VOL. 51 An innovative, and challenging workout is right here, set to inspiring new music that is sure to motivate seasoned veterans as well as new explorers. We've got you working in all planes of motion with a plethora of exercises, changing speeds, repetitions, varying ranges of motion, and bodyweight exercises. Don't forget to bring a towel. <u>Equipment:</u> Bench and 4 risers, bar, and various weight plates <i>** We recommend participants are familiar with weights or have participated in an instructor lead strength class (E.g., Body Pump) before attending virtual strength.</i>
STRETCH 10	10min class. 10-MINUTE YOGA STRETCH. A 10-min yoga stretch routine that's perfect before or after a stressful day, intense workout, or anytime your body may need a little extra TLC! <u>Equipment:</u> Mat
YOGA 40	40min class. 40-MINUTE YOGA STRETCH & STRENGTHEN. A yoga practice designed to stretch & strengthen your entire body. Great for yoga newbies & seasoned pros alike. <u>Equipment:</u> Mat. Optional Yoga block and strap/band.
RPM 45	LES MILLS 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 30	LES MILLS 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
CYCLE 45	An indoor cycling class where the instructor creates the workout. Sessions may include climbing, sprinting and interval training.
RezFIT 30/45	A small group session 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.
ACTIVE HYDRD 45	Water exercise in the hydrotherapy pool designed to improve muscular strength, cardio-vascular fitness and flexibility in an environment that has minimal impact on the joints.
AQUA MOVES 45	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 45	Slow paced gentle water exercise in a supportive warm hydrotherapy pool suitable for those coming back from injury or with chronic conditions.

BRING A TOWEL AND WATER BOTTLE TO EVERY CLASS

CONTACT US:

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