Group Fitness Classes

TIMETABLE

COBURG LEISURE CENTRE

GROUP FITNESS ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	CIRCUIT 45min		BODY PUMP 45min (Les Mills)	CIRCUIT 45min	BODY BALANCE 45min (Virtual)		
6:30am		PILATES 50min					
7:30am	BODY BALANCE 45min (Virtual)	B ACTIVE LONGER 45min (Circuit)	CORE VIRTUAL 45min	BODY BALANCE 45min (Virtual)	BODY PUMP 45min (Virtual)		
8:15am							PILATES 55min
8:30am	B ACTIVE LONGER MOVE 45min	B ACTIVE LONGER 45min (Circuit)	B ACTIVE LONGER MOVE 45min	B ACTIVE LONGER 45min (Circuit)	B ACTIVE LONGER MOVE 45min	CIRCUIT 45min	
9:30am	BODY ATTACK 45min (Les Mills)	THT 45min Move	BODY PUMP 45min (Les Mills)	BODY PUMP 45min (Les Mills)	VINYASA YOGA 55min	BODY PUMP 45min (Les Mills)	BODY PUMP 45min (Les Mills)
10:30am	BODY PUMP 45min (Les Mills)	BODY STEP 45min (Les Mills)	BODY BALANCE 50min (Les Mills)	LIVE ACTIVE 45min (Circuit)	BODY STEP 45min (Les Mills)	CORE 45min (Les Mills)	BODY JAM 50min (Les Mills)
11:30am	TAI CHI 55min	BODY BALANCE 55min (Les Mills)	LIVE ACTIVE 45min	PILATES 50min	BODY BALANCE 55min (Les Mills)	YOGA FLOW 50min	BODY BALANCE 55min (Les Mills)
12:30pm	LIVE ACTIVE 45min		MEDITATION 45min				
1:00pm		BODY PUMP 45min (Virtual)		B ACTIVE LONGER Supported workout 45min	LIVE ACTIVE Chair Pilates 45min	BODY BALANCE 45min (Virtual)	BODY COMBAT 50min (Virtual)
3:00pm	Les Mills DANCE 45min (Virtual)	CORE VIRTUAL 45min (Virtual)	Les Mills DANCE 45min (Virtual)	BODY COMBAT 45min (Virtual)	Les Mills DANCE 45min (Virtual)		BODY PUMP 45min (Virtual)
4:00pm	BODY BALANCE 45min (Virtual)	BODY COMBAT 45min (Virtual)	BODY PUMP 45min (Virtual)	CORE VIRTUAL 45min (Virtual)	BODY BALANCE 45min (Virtual)	BOXING 50min	YOGA YIN 50min
5:00pm					BODY STEP EXPRESS 30min		
5:30pm	BODY PUMP 45min (Les Mills)	BODY PUMP 45min (Les Mills)	YOGA HATHA 50min	CIRCUIT 45min	BODY PUMP 45min (Les Mills)		
6:30pm	BODY COMBAT 50min (Les Mills)	ZUMBA 50min	BODY ATTACK 45min (Les Mills)	BODY JAM 50min (Les Mills)	CORE VIRTUAL 45min		
7:30pm	YOGA FLOW 50min	BODY BALANCE 55min (Les Mills)	PILATES 55min	BODY BALANCE 55min (Les Mills)	BODY BALANCE 45min (Virtual)		

• Classes are subject to change.

ACTIVE Merri-bek

Aquatics Classes

TIMETABLE

COBURG LEISURE CENTRE

25M POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am		AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min	Heart Foundation Aqua Walking 45mins		
9:30am	AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min	AQUA SHALLOW 45min		
3:00pm							
7:15pm		AQUA SHALLOW 45min		AQUA SHALLOW 45min			

• Classes are subject to change.

ACTIVE Merri-bek

Cycle and Gym Classes

TIMETABLE

COBURG LEISURE CENTRE

CYCLE ROOM OR GYM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	CYCLE 45min	SPIN VIRTUAL 45min	CYCLE 45min	SPIN VIRTUAL 45min	CYCLE 45min		
8:30am						CYCLE 45min	
9:30am						BOOTCAMP 45min	BOOTCAMP 45min
12:00pm	SPIN VIRTUAL 45min	SPIN VIRTUAL 45min	SPIN VIRTUAL 45min	SPIN VIRTUAL 45min	SPIN VIRTUAL 45min	SPIN VIRTUAL 45min	SPIN VIRTUAL 45min
6:00pm	CYCLE 45min	SPIN VIRTUAL 45min	CYCLE 45min				
6:30pm		BOOTCAMP 45min					

• Classes are subject to change.

ACTIVE Merri-bek

Group Fitness Classes

TIMETABLE

COBURG LEISURE CENTRE

CYCLE
Cycle is an indoor cycling class that has great fat-burning effects. It will improve your cardio fitness and endurance while you pedal to great music! Helping push you through any of your barriers and achieve the fitness results you want.

CIRCUIT
Circuit Classes with timed stations in a fun group setting to help motivate you. A perfect mix of strength and cardio which can be modified so you can exercise at your own level.

BODY ATTACK – LES MILLS
BODYATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Challenging your limits in a good way, burning up to 730 calories and leaving you with a sense of achievement.

BODY BALANCE – LES MILLS
Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises while you strengthen your entire body.

BODY PUMP – LES MILLS
BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit, fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven techniques Pumping out encouragement, motivation and great music whilst burning up to 540 calories.

BODY COMBAT – LES MILLS
Step into a BODYCOMBAT workout and you'll punch and kick your way to your fitness goals. This high-energy martial-arts inspired workout is non-contact with no complex moves to master. Your instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress and burn up to 740 calories along the way.

BODY JAM – LES MILLS
Choreographed by Gandalf Archer-Mills in Auckland, New Zealand, BODYJAM™ is the ultimate combination of music, dance and fitness. Tracks that you love right now? They're in BODYJAM. Challenge your limits, have fun, get fit and leave with a sense of achievement.

BODY STEP – LES MILLS
BODYSTEP™ is a full-body cardio workout to really tone your butt and thighs. You can burn up to 620 calories and you'll leave buzzing with satisfaction.

CORE – LES MILLS
Exercising muscles around the core, Les Mills Core™ will help create a stronger body. A stronger core makes you better at all the things you do, from everyday life to your favourite sports it's the glue that holds everything together. A 30-45-minute workout with resistance tubes and weight plates, body weight exercises like crunches, and hovers.

BOOTCAMP
Small group training in the functional room in the Health Club. HIIT High Intensity Interval Training format with timed stations led by a qualified expert personal trainer.

BOXING
BOXING is a high energy class that uses boxing techniques to give you a full body workout. It also works to improve your cardiovascular fitness and tone your whole body like never before. Never done any boxing before? No problem, this class is designed for all levels of fitness.

B ACTIVE LONGER – CIRCUIT
B Active Longer – Circuit class led by an expert trainer to help you gain strength and confidence. A fun class in a group setting where you can exercise at your pace.

B ACTIVE LONGER- MOVE
Emphasis is on cardio health to keep you active longer. Classes may be choreographed, dance style or freestyle. Suitable for older adults and exercises can be modified to suit your level. Expect to have fun whilst making friends.

B ACTIVE LONGER- SUPPORTED
This small group class is perfect for those who require a slower pace withsimple but effective exercises in an inclusive and friendly space. A seated class where you can modify exercises to suit your level and ability.

AQUA WALKING Program designed by Heart Foundation
The weekly session will focus on improving heart health with exercises in the shallow pool– flotation aids are available.

LIVE ACTIVE
The perfect blend of standing or seated options to help you live stronger for longer. Make new friends in a fun group setting, where you can modify exercises to suit your level. A chair is available to support you with balance exercises.

•Classes are subject to change.

Group Fitness Classes

TIMETABLE

COBURG LEISURE CENTRE

MEDITATION
This class is more than just a guided MEDITATION. This is a group energy healing and activation session that empowers you as the healer of your life. You are guided to visualise energy and imagery for the purpose of cleansing, clearing, and elevating your conscious state of awareness.
NOTE: You can bring your own pillow or warm clothing to help you feel more comfortable, either seated or lying down.

PILATES
PILATES will challenge your strength, flexibility and coordination with traditional and modern PILATES. Performed on the floor you'll feel strong, streamlined and invigorated after this thorough workout. Pilates has the power to transform your physical, emotional and spiritual state.
NOTE: Please bring your own mat

TAI CHI
TAI CHI is a Chinese martial art that is primarily practised for its health benefits, promoting the integration of the mind and body. It helps lower stress and anxiety levels and increases energy. A series of slow, controlled movements and postures help build muscle strength, coordination, balance and flexibility.

VINYASA YOGA
VINYASA is a creative flow, combining fluid movement which is accessible yoga poses around an emphasis on linking breath with movement to nourish the mind, body and soul. You will explore pranayama, and mindfulness meditation.
NOTE: Please bring your own mat

YOGA HATHA
Slow, restorative class for relaxation and recovery. Physical postures and breathwork to balance body and mind. NOTE: Please bring your own mat

YOGA YIN
YIN YOGA class with long-held postures for deep relaxation and release. NOTE: Please bring your own mat.

THT
Going back to the OG freestyle tummy, hips, thighs format but with a modern twist. A fun class to help you with strength and balance using; fit balls, steps, hand weights, bands to target your muscles and joints. You can modify exercises to suit your level.

BODY BALANCE VIRTUAL
Ideal for everyone, BODYBALANCE™ is the yoga-based class. An inspired soundtrack and video plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises while you strengthen your entire body. NOTE: This class is displayed on TVs.

BODY COMBAT VIRTUAL
BODY COMBAT is an exercise class that lets you punch and kick your way towards your fitness goals. Not only is it a great whole-body workout for cardio fitness, but it's also superb for burning fat, releasing stress and improving your co-ordination. NOTE: This class is displayed on TVs.

BODY PUMP VIRTUAL
BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit, fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. NOTE This class is displayed on TVs.

CORE VIRTUAL
CORE is a fitness class designed to increase strength of muscles providing stability for the spine, pelvis, ribs and hips. Walk taller, feel stronger, improve balance, assist injury prevention, and become better at moving with increased core awareness in daily movements. May include a variety of equipment. NOTE This class is displayed on TVs.

VIRTUAL BODY JAM/DANCE – LES MILLS
Les Mills Dance is the ultimate combination of music, dance and fitness. Challenge your limits, have fun, get fit and leave with a sense of achievement. NOTE: This class is displayed on TVs.

ZUMBA
ZUMBA is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms and resistance training. Zumba involves dance and aerobic movements performed to energetic and motivating music. A fun and effective workout to improve your wellbeing, and get your

AQUA
Low impact class in shallow water to improve mobility and general fitness. All aqua classes delivered in shallow water fall under Aqua Shallow.

•Classes are subject to change.