

'Land' Group Fitness – Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5.15am	LES MILLS BODYPUMP 45'	LES MILLS BODYCOMBAT 45'	Power Pilates 45' LES MILLS RPM 45'	LES MILLS GRIT STRENGTH 30'	LES MILLS RPM 45' Boxing 45'		
6am					LES MILLS CORE 30'	7am	LES MILLS GRIT CARDIO 30'
8.15am	LES MILLS CORE 30'				LES MILLS GRIT STRENGTH 30'	8am	LES MILLS RPM 45' LES MILLS BODYPUMP 45'
9am	LES MILLS BODYCOMBAT 45' LES MILLS sprint 30'	LES MILLS BODYPUMP 45'	LES MILLS RPM 45' LES MILLS GRIT STRENGTH 30'	LES MILLS BODYPUMP 45'	LES MILLS BODYCOMBAT 45' LES MILLS RPM 45'	9am	LES MILLS BODYATTACK 45'
10am	Pilates 22'	Circuit 45'	Step 45'	Barre 45'	Soft Circuit 45'	10am	Dance Fit 45'
11am	Use It or Lose It 45' Rehab Pilates 45'	Soft Circuit 45'	Use It or Lose It 45' Pilates 45'	Soft Circuit 45'	Pilates 45'	Time	Sunday
5:00pm	Power Pilates 45'	Dance Fit 45' LES MILLS sprint 30'	LES MILLS BODYPUMP 45'	Dance Fit 45'		7:30am	Yoga 55'
6:00pm	LES MILLS GRIT STRENGTH 30'	Bootcamp 45'	LES MILLS BODYATTACK 45'	LES MILLS BODYCOMBAT 45'	Yoga 55'		
7:00pm	Stretch & Strength 55'	Pilates 55'	Stretch & Strength 55'			9:00am	Yoga 55'

Consulting your physician prior to participating in any group fitness program is highly recommended. Albany Creek Leisure Centre reserves the right to amend the above timetable at any time without prior notice and in line with current government restrictions.

LES MILLS **BODYATTACK**

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. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, leaving you with a sense of achievement.

LES MILLS **BODYPUMP**

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 moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

LES MILLS **BODYCOMBAT**

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

LES MILLS **CORE**

Exercising muscles around the core, Core™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favourite sports - it's the glue that holds everything together. All the moves in Core™ have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

LES MILLS **RPM**

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories. RPM is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

LES MILLS **GRIT** CARDIO

LES MILLS **GRIT** STRENGTH

LES MILLS GRIT™ SERIES is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Available as GRIT™ STRENGTH or GRIT™ CARDIO this workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT™ SERIES takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

LES MILLS **sprint**

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. 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. You combine bursts of intensity, where you work as hard as

possible, with periods of rest that prepare you for the next effort.

BARRE

Barre is a fun, energetic workout that fuses techniques from dance, pilates and yoga that will tone and define the whole body.



A gentle, fully supervised, physical activity. Suitable for anyone who hasn't done exercise for a while. Safe for people with health conditions, like heart disease, diabetes and bone/joint problems.



DANCEFIT

An interval session with fast and slow rhythms, which is intended to tone and sculpt the body while burning fat. Music is the ingredient to Zumba, following dance styles like Cumbia, Salsa, Mambo, Belly Dancing and loads more Latin flavoured dances.

STRETCH & STRENGTH

Is a combination of body control, core strength, improving motor control flexibility and all over toning.

BOXING

An empowering workout combining principles, skills and drills from boxing and martial arts, great for relieving stress and improving fitness.

PILATES

This type of exercise uses coordinated breath and movement to strengthen and stretch the body. It focuses on core strength and posture.

POWER PILATES

Power Pilates will improve your posture, abdominals, back and buttocks. It will strengthen and you will become more visibly toned. Your arms & legs will become leaner as well. Chronic back pain & other debilitating physical ailments will decrease significantly as your range of motion and mobility improves. People will notice a substantial difference in your overall appearance and your energy level will dramatically increase.

SOFT CIRCUIT

Designed to get you moving through an assortment of low impact training and body or light weight exercises. These low impact classes are designed for any age and are perfect for working at your own pace.

YOGA

A workout for the mind, body and soul. A class with strong focus on safe alignment. Caters to people of all abilities.

BOOT CAMP

Have fun, get fit and learn new skills whilst trying a number of different fitness mediums.

CIRCUIT

Is the most efficient total-body workout in the world! This total-body circuit includes high intensity, calorie blasting intervals along with functional strength and sculpting station, designed to target and chisel the legs, the core and the arms.

STEP

Using the height-adjustable step platform, you'll move your way through different choreography combinations to upbeat, fun music. This energising class promises to give you a fantastic cardiovascular workout.