

LPAC Timetable  
Timetable runs 26<sup>th</sup> May to 24<sup>th</sup> August



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	BODYPUMP	RPM	BODYPUMP	BODYPUMP	HCT	Gym Opens 6am to 7pm on weekends	Gym Opens 6am to 7pm on weekends
	Cycle	Aqua DW	RPM	Cycle Aqua DW	RPM		
7:00am	Hatha Yoga	BODYBALANCE			Hatha Yoga	RPM	
	Aqua DW	FIT30: RPM			Aqua DW FIT30:RPM	Hatha Yoga	
7:15am				Power Pilates			
7:30am	Strong Seniors	Strong Seniors	Strong Seniors		Strong Seniors		
8:00am		Lite Pace Aqua PP	Vinyasa Yoga	Lite Pace Aqua PP		Cardio Boxing	Cycle
8:30am	Active Seniors	Strong Seniors	Total Body Seniors	Strong Seniors	Total Body Seniors		
9:00am	FIT30: Stretch & Mobility	FIT30: Stretch & Mobility Aqua SW	FIT30:Core	FIT30: Stretch & Mobility Aqua DW	FIT30: Stretch & Mobility	BODYPUMP Move Well	Total Body Seniors Aqua SW
9.30am	BODYPUMP Cycle Aqua DW	BODYCOMBAT Cycle Move Well	BODYPUMP Aqua SW Cycle	Vinyasa Yoga Cycle Move Well	BODYPUMP Cycle Aqua DW	RPM	
10:00am		Aqua DW		Aqua DW		Pilates Aqua DW	Ashtanga Yoga 90 mins BODYCOMBAT Aqua DW
10:30am	BODYBALANCE	BODYPUMP		Pilates	BODYCOMBAT Aqua DW	FIT30:Boxing	
11:00am	FIT30: HIIT	FIT30: HIIT	Active Seniors FIT30:HIIT	Strong Seniors	FIT30:HIIT		Pilates
11:30am	Active Seniors	Vinyasa Yoga			Active Seniors	Tai Chi	
11:45am							Meditation
12:00pm	Seniors & Gentle Aqua PP FIT30:HIIT	Seniors & Gentle Aqua PP	Seniors & Gentle Aqua PP FIT30: HIIT Zumba	Seniors & Gentle Aqua PP FIT30: HIIT	Seniors & Gentle Aqua PP Fit30:HIIT		
12:30pm				Active Seniors	Pilates		
1:00pm	Seniors & Gentle Aqua PP		Seniors & Gentle Aqua PP		Seniors & Gentle Aqua PP		
4:00pm						Aqua SW	
4:30pm						Vinyasa Yoga Cycle	
5:00pm							BODYPUMP
5:30pm	BODYCOMBAT Hatha Yoga	BODYPUMP	BODYPUMP	Cycle	BODYPUMP		
6:00pm	FIT30: HIIT	Power Aqua SW	FIT30: HIIT		FIT30: HIIT		
6:30pm	Cycle Pilates	Cycle BODYBALANCE	Cycle Hatha Yoga	BODYBALANCE	Hatha Yoga		
7:30pm	Zumba						

Bayside Studio
  Functional Training Zone
  Mind Body Studio
  Strong Seniors
  Pool used: DW = Dive pool (deep water) SW = Olympic pool (shallow water) PP= Indoor pool (shallow water)

Please note: Timetable shows class start time not duration. Classes are 55 minutes unless specified otherwise, including cleaning and pack up. Due to unforeseen circumstances instructors may change from time to time. Please refer to our website for all timetable changes. [www.innerwest.nsw.gov.au](http://www.innerwest.nsw.gov.au)

# LPAC Timetable

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## GET FIT CLASSES

**Cardio Boxing** – A stimulating and effective full-body workout that keeps you moving. This is the perfect class to relieve stress and improve your overall fitness.

**Cycle** (45 minutes) – Road-cycling without the traffic! Get ready for hills and sprints with a motivating playlist. Cycle will strengthen muscles from your legs to your core, work your heart rate and enhance your stamina – all while being kind on joints.

**FIT30: HIIT** – 30 minutes is all you need! This high intensity interval training (HIIT) class combines resistance and cardio exercises to lift the heart rate, increase strength and improve performance.

**FIT30: Core** – A 30-minute class dedicated to the whole core – abs, glutes and back – to improve awareness, activation and strength.

**FIT30: Stretch & Mobility** – A 30-minute class focussing on mobility and flexibility. Perfect for recovery days or before or after a workout.

**HCT** – (Hard Core Training) A high intensity class combining strength and cardio exercises. Guaranteed to lift your heart rate and make you sweat!

**Zumba** – Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba classes are called exercise in disguise.

## LES MILLS CLASSES

**BodyBalance** – Bend and stretch through a series of simple yoga poses, elements of Tai Chi and Pilates to an inspiring soundtrack. Ideal for anyone and everyone.

**BodyCombat** – Punch and kick your way to fitness! This high-energy martial arts inspired workout is non-contact with no complex moves to master. Release stress, feel powerful and enjoy that post-workout rush.

**BodyPump** – This total body barbell workout will tone all major muscle groups, increase core strength, improve bone health and leave you feeling strong.

**RPM** – RPM is an indoor cycling workout where you control the intensity. It's fun, low impact and a boost for your cardio fitness.

**FIT30 RPM** – A 30-minute format of RPM.

## MIND BODY CLASSES

**Ashtanga Yoga** – Ashtanga is a dynamic and athletic form of hatha yoga, made up of six series or levels, with a fixed order of postures. This 90-minute practice improves flexibility, breathing, and balance and endurance.

**Hatha Yoga** – Hatha yoga focuses on posture and breathing techniques to channel vital energy sources. The practice involves breath, body, and mind, suitable for people of all ages and physical conditions.

**Vinyasa Yoga** – Vinyasa means "breath synchronised with movement". In this style of yoga, poses flow together smoothly with a focus on breath. Vinyasa yoga is alignment orientated to maximise benefits and minimise the possibility of injury. Suitable for everyone.

**Pilates** – A low-intensity full-body workout focusing on core strength and flexibility. Pilates is series of exercises designed to improve posture, restore balance, align the body, and relieve muscular tension. Suitable for all.

**Power Pilates** – Take your Pilates to the next level. This class combines Pilates principles with the use of equipment and a wide range of movements to improve strength, endurance and flexibility. An intermediate level of Pilates experience is recommended.

**Tai Chi** – A moving meditation in the form of a series of gentle exercises that create harmony between the mind and body.

**Move Well** – Decrease your risk of injuries and improved flexibility, posture and physical performance. This is a hands-on class, using breath, gentle stretching methods and foam rolling to reconnect you with your body and target tight muscles. Suitable for everyone.

## SENIORS CLASSES

**Active Seniors** – A fun-filled low to moderate intensity class for non-exercisers, gentle-exercisers and anyone returning to exercise post-rehab. This is a perfect introductory class to our other seniors' classes and a great way to keep moving.

**Total Body Seniors** – This class is a total body experience, beginning with a strength and conditioning workout followed by a core and a stretch component.

**Strong Seniors** – A hybrid class that starts on the bikes and finishes with weight training. Designed specifically for seniors to improve bone density, balance, strength and overall fitness.

**Move Well Seniors** – Slow down the aging process, increase your flexibility, improve your range of motion and feel great. This is a hands-on class, using breath, gentle stretching methods and foam rolling to reconnect you with your body and target tight muscles.

## AQUA CLASSES

**Lite Pace Aqua** (shallow water, 50 minutes) Gentle exercise in the indoor program pool, ideal for beginners and anyone with arthritis or rehabilitating injuries.

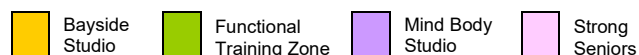
**Aqua – SW** (shallow water, 50 minutes) A workout in the outdoor Olympic pool utilising water as well as the pool bottom as resistance to increase cardio fitness, muscular strength and flexibility. Suitable for everyone.

**Power Aqua** (shallow water, 50 minutes) A high intensity cardio workout that's sure to make you sweat, even in the water.

**Aqua – DW** (deep water, 50 minutes) A non-impact class in deep water utilising buoyancy belts. Suitable for all fitness levels, water confidence is required.

**Seniors and Gentle Aqua** (shallow water, 45 minutes) A gentle workout suitable for seniors and anyone requiring a lighter pace workout in the indoor program pool.

**Seniors and Gentle Aqua Outdoor** (shallow water, 45 minutes) A gentle workout suitable for seniors and anyone requiring a lighter pace workout. This is a seasonal class held in the outdoor Olympic pool.



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