

LPAC Timetable
Timetable runs 26th May to 24th 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 Pilates |
| 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 | | | Pilates | 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

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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.

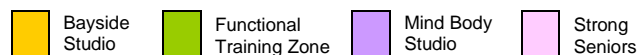
Aqua – SW (shallow water, 50 minutes) A workout in the outdoor Olympic pool utilising water as well as the pool bottom as resistance to increase cardio fitness, muscular strength and flexibility. Suitable for everyone.

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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