

DENMARK RECREATION CENTRE FITNESS TIMETABLE – TERM 1 2019

DAY	TIME	CLASS	INSTRUCTOR
MONDAY	9:10am – 10:10am	HIIT	Cindy
	10:10am – 11:10am	LLLS	John
TUESDAY	9:10am – 10:10am	POWERSTEP	Helen
	10:10am – 11:10am	LLLS	Helen
	11:30am – 12:30pm	BODY STRETCH	Helen
WEDNESDAY	8:00am – 9:00am	LLLS	Helen
	9:10am – 10:10am	RIP	Helen
THURSDAY	8:00am – 9:00am	LLLS - CIRCUIT	Helen
	9:10am – 10:10am	FITBALL	Helen
FRIDAY	9:10am – 10:10am	BODY BLAST	Cindy
	10:10am – 11:10am	LLLS	Helen
	11:30am – 12:30pm	BODY MOVES	Helen

John Overton

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CLASS	DESCRIPTION
HIIT	High Intensity Interval Training is a complete body workout designed to shred body fat while increasing strength, flexibility & endurance
LIVING LONGER LIVING STRONGER	A weight bearing, gym exercise program for Over 55's that will improve strength, balance & overall fitness. Appraisal required.
POWER STEP	Cardio pushing, leg attacking class putting you into every plane of motion on & off the step
BOOT	A fusion of cardio, strength, balance and flexibility within this class. Suitable for all fitness levels.
RIP	Exercises from traditional strength training matched to music to create a simple, fun and effective way to train.
FITBALL	This class is targeted at strengthening your ABS, Butts and Thighs to provide a stable core group of muscles and to assist with daily human movement tasks.
BODY STRETCH	Tight muscles? Sore body? Loss of flexibility? This class will ease away muscle pain and increase your flexibility.
BODY MOVES	For Over 60's. Based on slow paced-music and movement and weights; you will be moving your body to the beat and having a great time while doing it.
BODY BLAST	This is an aerobic style strength and conditioning workout that encompasses full body movements. This class is fast, high intensity and will certainly improve your aerobic capacity strength gains a focus.

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