



MOUNT BARKER REC. CENTRE GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.10am					
9.15am					
10.00am					
10.30am		<i>Staying Young Circuit</i>			<i>Staying Young Circuit</i>
5.30pm					
6.15pm					

*Classes are subject to change depending on instructor availability and facility access. The Centre is closed on weekends and public holidays.

CLASS DESCRIPTIONS



BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm.



HIITSTEP is a NEW and innovative 30 minute HIIT exercise class using only bodyweight and a STEP.



High Intensity Interval training—HIIT is based on high intensity functional movements. This class can be modified for all ages and abilities.



METAPWR is a thirty minute circuit class that combines resistance and bodyweight exercises to target and develop strength, power, agility, and cardiovascular efficiency



ABT— Abs, Bums and Thighs is a class all about toning. Suitable for all fitness levels!



GET PUMPED is a barbell workout using weights and bodyweight.



Staying Young Circuits is a supervised, low intensity exercise program delivered by qualified instructors. The classes are open to everyone and are suitable for people who have risk factors.



LLLS seeks to maximise opportunities to engage in an affordable, high quality, results oriented, strength training program for people aged over 50.