



BODYPUMP® It's the fastest way to shape up and lose body fat. Body Pump is a toning and conditioning class with weights and is for just about everybody. It's perfect for both males and females. (55 min)



BODY BALANCE® An essential class for everyone. Body Balance will loosen and strengthen your muscles, improve your posture and flexibility using ancient arts of hatha yoga, Pilates and tai chi. (55 min)



BODYSTEP® is the energising and fun step workout known as the Butt Blaster. Cardio tracks push fat burning into high gear, while muscle conditioning tracks shape and tone your body. (55 min)

*Due to safety restrictions, only 20 participants will be allowed in fitness room

AQUA PIONEERS—a specifically designed aqua class to support the body whilst providing resistance. An excellent way to increase flexibility, balance and coordination. Great for seniors, and people just getting started.(60 min)

FITBALL— a fantastic class for all, combining cardio, strength and conditioning training with a Fitball. A good all round workout. (60min)

AQUA— a water based cardio and conditioning workout which supports the body whilst providing resistance. Great for people with injuries, if you are pregnant or people just getting started. (60 min)

BLAST AEROBICS—Blast into fitness with our free style combo class that can include HI LO step and conditioning exercises. Low impact options to include all fitness levels. Beginners—start here. Burn fat. Get fit. Have fun. (55 min)

FITNESS FEVER - A Body Step class held specifically for teen's aged 14 - 17yrs. **BODY STEP®** is the energising and fun step workout known as the Butt Blaster. Cardio tracks push fat burning into high gear, while muscle conditioning tracks shape and tone your body.



MANJIMUP REGIONAL AquaCentre

GROUP FITNESS & AQUA TIMETABLE

COST:

Casual Fitness	\$10.00
Concession/ student	\$8.00
10 Passes Adult	\$90.00
10 Passes Concession	\$72.00
Fitness Assessment	\$60.00
Memberships available	

OPENING HOURS:

Mon:	6am-8pm
Tue:	8am-8pm
Wed:	6am-8pm
Thu:	8am-8pm
Fri:	6am-8pm
Sat:	9am-5pm
Sun:	10am-5pm

Manjimup Regional AquaCentre

Rutherford St, MANJIMUP

Ph: 9771 1278

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Group Fitness Timetable

04 Sep 09

	Monday	Tuesday	Wednesday	Thursday	Friday
9.00am	AQUA PIONEERS			AQUA PIONEERS	
9.20am	BODY PUMP®		BODY PUMP®		BODY PUMP®
10:30am	BODY BALANCE®		FITBALL		BLAST AEROBICS
3.30pm			FITNESS FEVER 14 - 17ys Only		
5.30pm		AQUA FIT		AQUA FIT	
5.30pm	BODY STEP®	FITBALL		BODY STEP®	
5.45pm			BLAST AEROBICS		
6.45pm	BODY BALANCE®	BODY PUMP®	BODY BALANCE®	BODY PUMP®	

Timetable subject to change without notice

Group Fitness Classes

The Manjimup Regional AquaCentre Group Fitness Classes cater for all levels of fitness, allowing everyone to participate in a wide range of exciting fitness classes. This timetable provides a brief description of the available classes.

What do I bring?

A towel

Water bottle

Comfortable clothing

Sports shoes (or thongs for Aqua and Body balance)

Bathers for Aqua

What else do I need to know?

- You need to be at the centre at least 5 min before the class and you need to remain until the end for safety. No participants will be allowed to start the class after 5mins of the class beginning
- New participants should introduce themselves to the instructor
- Please advise the instructor of any current injuries or medical conditions prior to the class starting
- For safety reasons children will not be allowed into the class. A crèche is available Mon-Fri 9am-12pm. Bookings essential through reception. Children must be 12 yrs or older to be in the centre unsupervised
- The minimum age to attend group fitness classes is 14yrs old