

Narrogin Regional Leisure Centre

GROUP FITNESS TIMETABLE

EFFECTIVE
JAN 18, 2021*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15am	LES MILLS GRIT STRENGTH SHERRIE	BODY ACTIVE NICKI	EXPRESS LES MILLS RPM SHERRIE	EXPRESS LES MILLS BODYPUMP SHERRIE	LES MILLS CXWORX NICKI	
8.15am						LES MILLS RPM SHERRIE
8.30am				LOWER BODY BLAST KATE		
9.05am	LES MILLS CXWORX SHARON	<i>Konga</i> PUMPED SHARON	LES MILLS GRIT STRENGTH SHERRIE	LES MILLS RPM SHERRIE	LES MILLS GRIT STRENGTH SHERRIE	
9.35am	LES MILLS BODYBALANCE SHARON					
4.00pm			GYM CIRCUIT KATE			
5.30pm	LES MILLS BODYPUMP SHARON	PUNCHFIT NARELLE	LES MILLS BODYBALANCE SHARON	<i>Konga</i> SHARON		
	AQUA NICKI					
6.00pm	LES MILLS RPM LISA			LES MILLS RPM LISA		
6.30pm		LES MILLS GRIT STRENGTH SHERRIE				

FUN AND FITNESS!
HOW MANY CLASSES HAVE YOU TRIED?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00am				STRENGTH FOR LIFE SESSION A NIKKI	
8.40am		STRENGTH FOR LIFE SESSION A NARELLE			
9.00am	STRENGTH FOR LIFE CIRCUIT NIKKI		STRENGTH FOR LIFE NIKKI	STRENGTH FOR LIFE SESSION B NIKKI	
9.50am		STRENGTH FOR LIFE SESSION B NARELLE			

*Terms and conditions apply. See in-centre for details.

NARROGIN REGIONAL LEISURE CENTRE

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Narrogin
Love the life



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CLASS DESCRIPTIONS

CLASS	DESCRIPTION
LES MILLS BODYPUMP	Ideal Workout for everyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetition. Gives you a total body workout.
BODY ACTIVE	A 45min freestyle class that will give you an all over body workout. Using a mixture of body weight, light weights and cardio moves to build your all over fitness. Suitable for all fitness levels.
LES MILLS RPM	Indoor cycling workout where you can control the intensity. Great music pumping to take you through a journey of hill climbs, flat roads, and sprints to spike the heart rate. A great low impact class that suits all fitness levels.
LES MILLS GRIT STRENGTH	Les Mills Strength is a 30min high intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.
LES MILLS CXWORX	30-45min Core and glute workout. Follow along as instructors guide you through technique as you work with resistance bands and weight plates, as well as bodyweight exercises like crunches and planks.
LES MILLS BODYBALANCE	Yoga based classes that will improve your mind, body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.
<i>Konga</i>	50min easy to do, easy to follow mood elevating, high intensity fusion of boxing, cardio, dance and sculpting set to hot beats. All in one workout that will torch calories, tone your body, make your soul smile, and inject your body with endorphins overload.
<i>Konga</i> PUMPED	Best of both worlds, find your fun cardio through Konga followed by Bodypump with high reps, low weights.
GYM CIRCUIT	Join Kate in the gym circuit for a great strength workout. Using various equipment including free weights and body weight. Class numbers are capped.
AQUA	A water based exercise class using your bodyweight and water weights in the water. Suited to all levels of fitness, have fun as a group lifting the heart rate up in a non-impact way.
PUNCHFIT	Partner up with boxing gloves and pads running through boxing drills and bodyweight exercises adding variety and fun to your workout routine.
STRENGTH FOR LIFE CIRCUIT	A freestyle class running through various exercises, using various equipment or body weight in a circuit style class. Perfect if you are new to fitness or been fit for a long time.
STRENGTH FOR LIFE	A group fitness class but with an individualized gym program. Suiing exactly what you need to build everyday strength. Book your induction with one of our instructors to get started.
LOWER BODY BLAST	An intense group class focusing on working the posterior chain and core through a variety of weighted movements, suitable to all fitness levels looking to improve lower body strength.