

# Narrogin Regional Leisure Centre

## GROUP FITNESS TIMETABLE

EFFECTIVE  
JAN 18, 2021\*

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

**FUN AND FITNESS!**  
HOW MANY CLASSES HAVE YOU TRIED?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00am				<b>STRENGTH FOR LIFE SESSION A</b> NIKKI	
8.40am		<b>STRENGTH FOR LIFE SESSION A</b> NARELLE			
9.00am	<b>STRENGTH FOR LIFE CIRCUIT</b> NIKKI		<b>STRENGTH FOR LIFE</b> NIKKI	<b>STRENGTH FOR LIFE SESSION B</b> NIKKI	
9.50am		<b>STRENGTH FOR LIFE SESSION B</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
<b>LES MILLS BODYPUMP</b>	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.
<b>BODY ACTIVE</b>	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.
<b>LES MILLS RPM</b>	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.
<b>LES MILLS GRIT STRENGTH</b>	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.
<b>LES MILLS CXWORX</b>	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.
<b>LES MILLS BODYBALANCE</b>	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.
<b>GYM CIRCUIT</b>	Join Kate in the gym circuit for a great strength workout. Using various equipment including free weights and body weight. Class numbers are capped.
<b>AQUA</b>	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.
<b>PUNCHFIT</b>	Partner up with boxing gloves and pads running through boxing drills and bodyweight exercises adding variety and fun to your workout routine.
<b>STRENGTH FOR LIFE CIRCUIT</b>	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.
<b>STRENGTH FOR LIFE</b>	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.
<b>LOWER BODY BLAST</b>	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.