
































# GROUP FITNESS TIMETABLE

Current as of 21 / 3 / 22  
30-minute class  Teens allowed 

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6.00am	powertabata 	LES MILLS GRIT SERIES  <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>		powertabata 			
8.00am						Abs+Booty HIIT 	
8.30am						powertabata 	
9.00am	LES MILLS BODYATTACK 	metafit. 	LES MILLS GRIT SERIES  <small>30-MINUTE HIGH-INTENSITY INTERVAL TRAINING</small>	meta PWR 	HIIT 		meta PWR 
	LES MILLS RPM 						
9.30am	LES MILLS 45 BODYPUMP	C30 	LES MILLS RPM 	LES MILLS 45 BODYPUMP	LES MILLS CORE 		LES MILLS CORE 
			LES MILLS CORE 				
10.00am		PUNCHFIT. 	MOVE IT		LES MILLS BODYBALANCE 		
10.30am	LES MILLS BODYBALANCE 	ZUMBA gold		ZUMBA gold			
3-5.30pm	TEEN GYM	TEEN GYM	TEEN GYM	TEEN GYM	TEEN GYM		
5.30pm			LES MILLS BODYATTACK 				
6.00pm	▲ Abs+Booty HIIT 		LES MILLS 45 BODYPUMP				
6.30pm	powertabata 	▲ LES MILLS RPM 	▲ LES MILLS BODYBALANCE 	▲ LES MILLS RPM 			

## GOLDEN PRYME TIMETABLE – Over 50's

Required To Bring Your Own Yoga Mat 

TIME	MON	TUE	WED	THU	FRI	SAT
8.00am						Abs+Booty HIIT 
9.00am					★ Strengthen n Lengthen	
9.30am	LES MILLS 45 BODYPUMP			LES MILLS 45 BODYPUMP		
10.00am			MOVE IT		LES MILLS BODYBALANCE 	
10.30am	LES MILLS BODYBALANCE 	ZUMBA gold		ZUMBA gold		
6.00pm	Abs+Booty HIIT 		LES MILLS 45 BODYPUMP			
6.30pm			LES MILLS BODYBALANCE 			

 Required To Bring Your Own Yoga Mat

★ Gym Based Program – Health Consult Required

Serpentine Jarrahdale Community Recreation Centre

38 Mead Street, BYFORD WA 6122  
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Shire of  
Serpentine  
Jarrahdale



# GROUP FITNESS CLASS DESCRIPTIONS

## **LES MILLS** **BODYPUMP**

Barbell workout for anyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetitions, gives you total body workout.

## **LES MILLS** **GRIT SERIES** 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

30 minute HIIT workout designed to improve strength and build muscle. This workout uses barbells, weight plates and body weight.

## **meta** **PWR**

30 minute functional training circuit class that combines resistance and body weight exercises to target and develop strength, power, agility and cardio fitness.

## **powertabata**

High to low intensity timed circuit incorporating cardio, weights and resistance training.

## **Abs+Booty HIIT**

Shape up and tone with high repetition based routines that will put your thighs, booty, tums and hips through their paces in a bid to turn down those areas we love to hate.

## **LES MILLS** **BODYBALANCE**

Yoga based class that will improve your mind, your body and your life. Bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

## **LES MILLS** **CORE**

Core workout designed to build strength, stability and endurance in the muscles that support your core, including abdominals, glutes and back muscles.

## **HIIT**

Combines traditional Bodyweight high intensity exercise with low intensity recovery periods. Suitable for all fitness levels. Great for fat burning, improving fitness, strength and metabolism.

## **metafit**

30 minute bodyweight only, high intensity interval training workout pushing your body to the maximum and set your body on fat burning mode.

## **ZUMBA** gold

Perfect for active older adults. Easy to follow Zumba choreography made to focus on balance, range of motion and coordination.

## **LES MILLS** **BODYATTACK**

High energy class combined with athletic movements like running and jumping with strength exercises such as lunges, squats and push ups.

## **LES MILLS** **RPM**

Indoor cycling that's low impact and burns loads of calories. Motivating music while cycling hill climbs, sprints and flat riding to increase your cardio fitness.

## **C30**

30 minute circuit training class whilst using a variety of equipment or performing functional training exercises. Build strength while burning high calories.

## **MOVE IT**

Low to medium intensity class designed to improve your balance, strength, stamina, flexibility and postural alignment whilst having fun.

## **Strengthen n Lengthen**

Group gym session run by a personal trainer to give you strength training exercises to help build muscle, preserve bone density & reduce the risk of osteoporosis.

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