

Broadmeadows Aquatic & Leisure Centre Group Fitness Timetable



EFFECTIVE: 27th February, 2018

ACTIVE MOTION							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am							
8.15am							
8.30am							
9.15am							
9.20am							
9.50am							
10.30am							
5.30pm							
6.00pm							
7.00pm							
MIND AND BODY							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.15am							
10.30am							
11.45am							
1.00pm							
2.00pm							
5.30pm							
7.30pm							
AQUA PROGRAMS							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am							
10.30am							
11.00am							
11.35am							
2.45pm							
6.00pm							
6.30pm							
REHABILITATION PROGRAMS							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10.30am							
12.00pm							
12.30pm							

Timetable is effective from 16th January 2017

BROADMEADOWS AQUATIC AND LEISURE CENTRE, 41-85 Tanderrum Way, Broadmeadows 3047

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find us on facebook

ACTIVE MOTION



BODYPUMP™ is the original barbell class that strengthens your entire body.



BODYSTEP™ is the energising step workout that makes you feel liberated and alive. **NEW:** Lunch time express Step Athletic class on Wednesdays, followed by 30 min Step Classic. Choose 30 minutes or 1 hour, athletic or classic!



CXWORX™ a quick, efficient workout in 30 minutes. Tough workout that challenges you mentally & physically, whilst it tightens and tones your core.



METAFIT
Strength & Cardio built into one. 45mins High intensity interval training (HIIT) that burns metabolic system longer.



BACK TO BASIC is an easy exercise program with a gradual build up to a light paced aerobics session.



NEW BEGINNINGS
low intensity exercise program with a gradual progression to a light paced aerobics session.

MIND AND BODY



BODYBALANCE™ is the Yoga, Tai Chi, Pilate's workout that builds flexibility and strength and leaves you feeling centred and calm.

Your own mat required.



TAI CHI is a gentle form of martial art exercise, well known for its smooth flowing moves and health benefits.



HATHA YOGA
encourages alignment of the body using postures and stretches with the breathing techniques to develop flexibility and relaxation.

Your own mat required.

CYCLE



CYCLE is an awesome indoor cycling class which will lead you on a journey of total calorie destruction.



BoxaBIKE is a high-energy, pre-choreographed group fitness class to music that fuses boxing (with wrist weights) & stationary cycling, simultaneously. Combining upper and lower body conditioning, it is the ultimate low impact, cardio and resistance style class in one, and is suitable for all fitness levels. Results can be achieved rapidly on this endorphin-releasing ride.



BODY CYCLE /CIRCUIT is interval training alternating bike with bodyweight/weights increasing endurance and strength

AQUA PROGRAMS



DEEP WATER AQUA is a vigorous water exercise program to improve cardiovascular fitness and muscle tone.



AQUA MOVES advanced is a cardiovascular workout through water that includes toning and core strengthening.



ARTHRITIS/REHABILITATION movement through water. Ideal for those who suffer from arthritis, osteoporosis or medical conditions. Works the body physically, cardio vascularly and mentally.



AQUA AEROBICS is a low impact exercise in the pool. Great for fitness and injury rehabilitation.



DEEP WATER BUNGING involves a range of movements that work on cardio, muscular, flexibility and balance, while suspended with a float belt. All levels of swimming skills are welcome.

REHAB PROGRAMS

LIFTFORLIFE
Suitable for adults of all ages, including those at risk of Type 2 diabetes or other chronic conditions. Referral needed from your Doctor for assessment through Community Therapy Services or Dianella Community Health.

ENJOY YOURWORKOUT

- Please pick up a receipt from reception before entering class. Receipts will be available 15 mins prior to the start of class
- If it is your first time, you are pregnant or you have any injuries or conditions, let the instructor know
- Listen to the instructor for exercise modifications
- Don't forget your workout towel and water bottle
- Consume fluids before, during and after the class to maintain adequate hydration levels
- If you feel any discomfort, please stop and notify the instructor
- Please arrive early for equipment based programs
- If you are using the Childcare service, please arrive on time to assist with class changeovers
- Classes can range from 45 to 60 minutes. Express Classes run for 20-30 minutes. CXworx runs for 30 minutes
- Classes may be cancelled or altered at any time without notification
- Patrons will not be allowed entry once class has commenced