

## OTHER GROUP PROGRAMS

### TEEN FIT

With an emphasis on fun, Teen Fit encourages people aged between 11-17 years to enjoy being active and take an interest in their health. Our experienced instructors use the latest music in a variety of modified group fitness classes and gym sessions to ensure all participants exercise in a safe and enjoyable environment.

<b>Term</b>	10 week term (in-line with school term)
<b>Class Times</b>	Monday, Wednesday, Friday 4:30pm*
<b>Price</b>	\$15.50 per session, \$154 per term (2 classes/wk), \$220 per term (3 classes/wk)

\* Subject to demand.

### STRENGTH FOR LIFE

LLLS is an evidence based progressive strength training and exercise program designed specifically for the over 50's.

<b>Monday</b>	1pm - 2pm
<b>Tuesday</b>	11am - 12pm
<b>Wednesday</b>	1pm - 2pm
<b>Thursday</b>	11am - 12pm
<b>Friday</b>	11am - 12pm

**Come on board and feel great again!**

Doctor's referral and assessment required prior to class attendance.



## FREQUENTLY ASKED QUESTIONS

### I AM A MEMBER, HOW DO I ATTEND CLASSES?

As a Health Club member you receive complimentary access to the Group Fitness and Cycle classes. To join in a class, you simply need to visit the centre's main reception, present your membership tag and inform staff of the class that you wish to attend. They will then provide you with a class receipt and direct you to the studio. When entering, pass your receipt to the instructor.

### DO I HAVE TO BE A MEMBER TO ATTEND?

Our affordable and flexible membership options are the most economic way to attend classes (even if only attending once or twice a week), however casual access is permitted.

### CAN I BOOK OR HOLD A POSITION IN A CLASS?

To be fair to all, the centre does not accept bookings nor hold positions in classes. First in first served. As class limits apply, it is recommended to arrive 10-15 minutes prior to the class commencement to avoid disappointment.

### WHAT DO I NEED TO WEAR/BRING?


Comfortable sports wear is recommended (shorts, trackies, singlets or shirts). Denim or work clothing is not suitable. Enclosed sports shoes are required for all classes except Yoga, Pilates and Body Balance which are completed bare foot. Bring along to the class a water bottle and sweat towel.

### HOW LONG DO CLASSES GO FOR?

Classes range from 30-75 minutes in duration. The large majority of classes run for 45-60 minutes. Notations are below class titles where they run shorter or longer.

### WHAT CLASSES ARE BEST FOR BEGINNERS?

All classes are designed to accommodate all fitness levels however if you are a beginner or new to the class please make this known to the instructor. In classes the instructor will demonstrate "low impact" options for most exercises. Low impact options are ideal for beginners. For further information on classes, please see reception.

Keep up-to-date with our latest timetable by visiting us at [morley.ymcawa.org.au](http://morley.ymcawa.org.au),  or call **9375 3529**. *Please Note: No entry allowed to any class once the music has started. Tickets will not be issued more than 1hr before the scheduled start up time for classes that have limited numbers. See Customer Service staff for more info.*



### YMCA WA Morley Sport & Recreation Centre

Cnr Wellington Rd & Mangini St, Morley WA 6062

T 9375 3529 E [morley.admin@ymcawa.org.au](mailto:morley.admin@ymcawa.org.au)

[www.ymcawa.org.au/morley](http://www.ymcawa.org.au/morley) 

# GROUP FITNESS TIMETABLE

Effective from August 2020

Discover more at:  
[ymcawa.org.au/morley](http://ymcawa.org.au/morley)

YMCA WA Morley  
Sport & Recreation Centre



# GROUP FITNESS TIMETABLE

\*30 minute class. +45 minute class. •75 minute class.

## MORNING CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	<b>LES MILLS + RPM</b>	<b>LES MILLS BODY PUMP</b>	<b>HIIT</b> *	<b>SPIN</b>	<b>BOOTCAMP</b>		
8.00am					<b>GENTLE YOGA</b> •	<b>BOXFIT</b>	
8.15am		<b>FIT Y'S</b> +				<b>SPIN</b>	
8.30am		<b>HIIT</b> *	<b>FIT Y'S</b> +	<b>FIT Y'S</b> +			
9.15am	<b>LES MILLS BODY PUMP</b>	<b>BURN!</b> THE DUMBBELL WORKOUT	<b>BOXFIT</b>	<b>PILATES</b>	<b>LES MILLS BODY PUMP</b>	<b>LES MILLS BODY PUMP</b>	
	<b>HATHA YOGA</b> •	<b>GENTLE YOGA</b> •	<b>LES MILLS BODYBALANCE</b>	<b>BOXFIT</b>			<b>SPIN</b>
10.15am	<b>LES MILLS BODYBALANCE</b>	<b>TOTAL BODY TONE</b>	<b>GETLOW</b> ®	<b>STRETCH &amp; RELEASE</b>	<b>PILATES</b>	<b>LES MILLS BODYBALANCE</b>	
11.30am	<b>ZUMBA gold</b>				<b>ZUMBA gold</b>		

## AFTERNOON CLASSES

4.45pm	<b>LES MILLS BODY PUMP</b> +	<b>TRIPLE 15</b> +	<b>LES MILLS BODY PUMP</b> +	<b>TRIPLE 15</b> +	<b>LES MILLS RPM</b> +		
5.30pm	<b>BURN!</b> THE DUMBBELL WORKOUT	<b>LES MILLS BODYBALANCE</b>	<b>SPIN</b>	<b>LES MILLS BODY PUMP</b>			
	<b>SPIN</b>	<b>BOXFIT</b>	<b>HIIT</b> *	<b>LES MILLS BODYBALANCE</b>			
5.45pm		<b>LES MILLS + RPM</b>					
6.00pm							



# CLASS DESCRIPTIONS

**BODY BALANCE** A class that calls upon the ancient arts of Yoga, Tai Chi, and Pilates to build flexibility and strength. The perfect antidote to the stresses of modern life.

**BODY PUMP** An exercise-to-music class using your choice of weights to strengthen the entire body. Motivating music, awesome instructors and great results!

**BOXFIT** This class uses a free-standing kick-bag to perform a variety of punch and kick combinations and other conditioning exercises to give you a total body cardio workout. **MUST BRING OWN GLOVES.**

**BURN!** is a transformative dumbbell workout that will totally redefine your physique, ignite your muscles & flood your body with endorphins.

**FIT Y'S** These classes are low impact and work the entire body using a variety of body-weight, light weighted and equipment-based exercises. Designed for beginners and the over-50's.

**GENTLE YOGA** A 75 minute low impact class using basic Yoga poses to increase strength, lower stress, and improve balance and coordination. Suitable for beginners, pre and post-natal, and mature aged participants.

**GETLOW**® is a beat-driven low impact workout designed to ignite your mind, move your body & improve your wellbeing. This low intensity training full body workout uses boxing, dance, dumbbells, light cardio & seriously good music to transform your mind & body.

**HATHA YOGA** Strengthens and balances body and mind through flowing movements, static postures, controlled breathing and deep relaxation, reducing stress and enhancing well being.

**HIIT** A 30 minute high intensity full body workout designed to give maximum results in minimum time - ideal for fat-burning!

**PILATES** Dramatically transforms the way your body looks, feels and performs. Pilates teaches body awareness and good posture, improving flexibility, core strength and overall tone.

**SPIN** Indoor cycling class – with a combination of hills, sprints, jumps and motivating music, this class will provide the ultimate fat-burning and cardiovascular workout.

**RPM**™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories! With hill climbs, sprints and flat riding you'll repeatedly reach your cardio peak to boost your cardio fitness.

**TOTAL BODY TONE** Total Body Tone is a total body workout using the Fitball, hand weights and body weight to tone all areas of the body. Finishing off with Fitball core and leg work!

**STRETCH AND RELEASE** Large muscle group warm up, going into stretching for each part of the body. The aim is to increase flexibility, improve balance and stability and to release common areas of tightness in the body.

**TRIPLE 15** A high intensity workout which includes upper body, lower body, core and cardio put into a combination of three 15 minute sections.

**ZUMBA GOLD** Zumba Gold is design to welcome, older active adults, beginners, anyone who starting in their fitness journey, like mum's that had a baby recently, participants who want to feel like they have exercised, without feeling pain or getting hurt., groups may have medical issues or physical limitations that need to be addressed with modifications and understanding and someone who loves dancing to an easy to follow class. Zumba is a low impact workout combining all elements of fitness-cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of happiness each time you leave the class.