

## Term Programs

### PILATES PRINCIPLES - LEVEL 1

Pilates dramatically transforms the way your body looks, feels and performs. It teaches body awareness, good posture, gives a flat tummy and slender thighs and improves flexibility, ability and economy of motion. Taken from traditional Pilates, the 10 week Level 1 course provides you the foundational base to teach you body awareness and breathing patterns and a general understanding of Pilates. This course prepares you for Level 2. **Enrolment is essential, limited positions.**

**Term** 10 week term (in-line with school term)

**Class Times** Tuesdays 9:15am and 5:30pm

**Price** \$122 members \$154 non-members

### 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.

**Term** 10 week term (in-line with school term)

**Class Times** Monday, Wednesday & Friday 4:30pm

**Price** \$220 per term \$15.50 per session



## 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. *Please Note: Term Programs are not inclusive of your membership however discounts may be applicable. Please see Health Club staff for further information.*

### 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. Please be aware that some popular classes have "Member Priority". See reception for further information.

### 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.

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



# Group Fitness TIMETABLE

Effective from 4 February 2019



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	BOOTCAMP +	LES MILLS BODYPUMP	metafit.*	SPIN	BOOTCAMP +		
8.00am					GENTLE YOGA •	BOXFIT SPIN	metafit.*
8.30am		FIT Y'S +	FIT Y'S +	FIT Y'S +			LES MILLS BODYPUMP
9.15am	LES MILLS BODYPUMP HATHA YOGA •	KONGA GENTLE YOGA •	SPIN LES MILLS BODYBALANCE	PILATES LEVEL 2 BOXFIT	LES MILLS BODYPUMP SPIN	LES MILLS BODYPUMP	SPIN
10.15am	LES MILLS BODYBALANCE	TOTAL BODY TONE	BOXFIT	STRETCH & RELEASE	metafit.*	LES MILLS BODYBALANCE	
11.15am	ZUMBA gold		DANCE FIT GOLD		ZUMBA gold		

AFTERNOON CLASSES							
4.45pm	LES MILLS BODYPUMP +	TRIPLE 15 +	LES MILLS BODYPUMP +	TRIPLE 15 +	LES MILLS RPM +		
5.30pm	meta* SPIN	LES MILLS BODYPUMP	KONGA SPIN	LES MILLS BODYPUMP	KONGA		
5.45pm	YOGA •	LES MILLS RPM EXPRESS		EXPRESS SPIN *			
6.30pm	LES MILLS BODYPUMP	PILATES LEVEL 2 BOXFIT	HARDCORE *	PILATES LEVEL 2 LES MILLS BODYBALANCE			
7.00pm			metafit.*				



# 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** A weights to music class that strengthens your entire body. This class uses barbells to perform exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight to get the results you came for!

**BOOTCAMP** Our 45 minute boot camp classes are here to push all of your energy systems using various formats of exercise including interval training, resistance training and circuit training. Boot camp will leave you stronger and fitter than ever before.

**BOXFIT** This class uses a free standing bag to perform a range of Boxing and Kickboxing exercises to get you in shape - fast! **MUST BRING OWN GLOVES.**

**DANCE FIT GOLD** A dance class designed for beginners or the over 50's. This is a low impact but fun dancing session.

**EXPRESS SPIN** A 30 minute indoor cycling class providing the ultimate fat-burning and cardio-vascular workout for those new to Spin or short of time.

**FIT Y'S** A free-style program specially designed to accommodate the needs of the over-fifties. Low impact classes with modified use of free-weights and group fitness equipment.

**GENTLE YOGA** A low impact class which uses basic Yoga positions and exercises to increase strength, lower stress and improve balance and coordination. Suitable for beginners, pre and post natal and mature aged participants.

**HARDCORE** A 30 minute express class designed to strengthen and tone your core muscles (abs and back). Great for injury prevention.

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

**KONGA** A hybrid workout fusing boxing, dance, cardio and pilates inspired moves into one full body workout.

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

**METAPWR** Using fundamental training principles, Metapwr is a power circuit class using functional equipment and exercises to work muscles and boost metabolism.

**PILATES FLOW** is a fat-burning Pilates class! Starting with a flowing warm-up then standing balance and leg work and finishing off with Pilates Mat work incorporating upper body strength work and abdominal core work.

**PILATES LEVEL 2** Dramatically transforms the way your body looks, feels and performs. Pilates teaches body awareness and good posture, improving flexibility, core strength and overall tone. Our program offers two stages: Level 1 (10 week term program) and Level 2. Please note: *Completion of Level 1 course is required prior to attending Level 2.*

**SPIN** Indoor cycling class - with a combination of hills, sprints, jumps and motivating music. This class will provide the ultimate fat-burning and cardio-vascular 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.

**YOGA** A 75 minute intermediate class designed to balance and strengthen the body and calm the mind. This class is not recommended for pregnant ladies (please see Gentle Yoga).

**ZUMBA GOLD** So much fun you won't notice you're exercising! Come and dance!