

Group fitness

Term 1 2023






Commencing 30th January 2023



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	MON	TUE	WED	THU	FRI	SAT	SUN
6:05 AM	LES MILLS GRIT	<i>Konga</i>	LES MILLS sprint	LES MILLS BODYPUMP	LES MILLS sprint		
8:00 AM	Seniors Strength						
8:15 AM						LES MILLS RPM	
8:40 AM	TIER 3 	 Strength for Life <small>Live longer. Live stronger.</small>	TIER 3 		TIER 3 		
9:00 AM				 Strength for Life <small>Live longer. Live stronger.</small>			
9:05 AM	LES MILLS BODYPUMP	LES MILLS sprint	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	Seniors Strength		
12:30 PM							LES MILLS sprint
5:30 PM	LES MILLS sprint	PUNCHFIT	LES MILLS BODYBALANCE	<i>Konga</i>			
6:00 PM	LES MILLS BODYPUMP		LES MILLS sprint	LES MILLS RPM			
6:30 PM		LES MILLS GRIT					

 YOGA/PILATES
  H.I.I.T/CARDIO
  STRENGTH
  BIKE CLASS

 AQUA
  OVER 50'S

NARROGIN REGIONAL LEISURE CENTRE

50 Clayton Road, Narrogin, WA, 6312

(08)9882 2651 | narrogin@ymcawa.org.au



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Class Descriptions Term 1 2023

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LES MILLS GRIT	Grit is a 30 min High Intensity Interval Training (HIIT) workout. Designed to improve strength, cardiovascular fitness and build lean muscle. Mixing it up with Grit Strength, Grit Cardio and Grit Athletic.
LES MILLS Sprint	Sprint is a 30min High Intensity Interval Training workout using an indoor bike to achieve fast results. Short intense style training. Combining short burst of intensity where you work as hard as possible with periods of rest that prepare you for the next effort.
Konga	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.
LES MILLS BODYPUMP	Ideal workout for everyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetition. Enjoy a total body workout.
LES MILLS BODYBALANCE	Yoga based class 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.
PUNCHFIT	Partner up with boxing gloves and pads running through boxing drills and bodyweight exercises adding variety and fun to your workout routine.
LES MILLS RPM	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.
AQUA FITNESS	A Group Fitness class in the water. working through Strength, cardio and stretching movements perfect for a low impact option.
Strength for Life <small>Live longer. Live stronger.</small>	Individualized strength and resistance exercise program for people over 50. In the gym with one of our qualified trainers. Aiming to improve quality of life and mental health of participants.
Seniors Strength	An exercise class designed for persons over 50. Combining light cardio, resistance and functional training in a variety of different combinations. Fun class followed by a cuppa.
TIER 3 Strength for Life <small>Live longer. Live stronger.</small>	A individualized gym program for people over 50 to work through in the gym independently. Build your strength for everyday movements. Running from 9-12pm Monday to Saturday.

■ YOGA/PILATES ■ H.I.I.T/CARDIO ■ STRENGTH ■ BIKE CLASS ■ OVER 50'S
■ AQUA

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