# Group fitness Term 1 2023

Commencing 30th January 2023

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	MON	TUE	WED	THU	FRI	SAT	SUN
6:05 AM	LesMills GRIT	Konga	LesMills Sprint	LesMills <b>BODYPUMP</b>	LesMills Sprint		
8.00 AM	Seniors Strength						
8:15 AM						LesMills RPM	
8:40 AM	TIER 3 Strength for Life	Strength for Life	TIER 3 Strength for Life		TIER 3 Strength for Life		
9:00 AM				Strength for Life			
9:05 AM	LesMills <b>BODYPUMP</b>	LesMills Sprint	LesMills <b>BODYPUMP</b>	LesMills BODYBALANCE	Seniors Strength		
12:30 PM							LesMills Sprint
5:30 PM	LesMills <b>Sprint</b>	PUNCHFIT	LesMills BODYBALANCE	Konga			
6:00 PM	LesMills <b>BODYPUMP</b>		LesMills Sprint	LesMills RPM			
6:30 PM		CDIT					





# 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

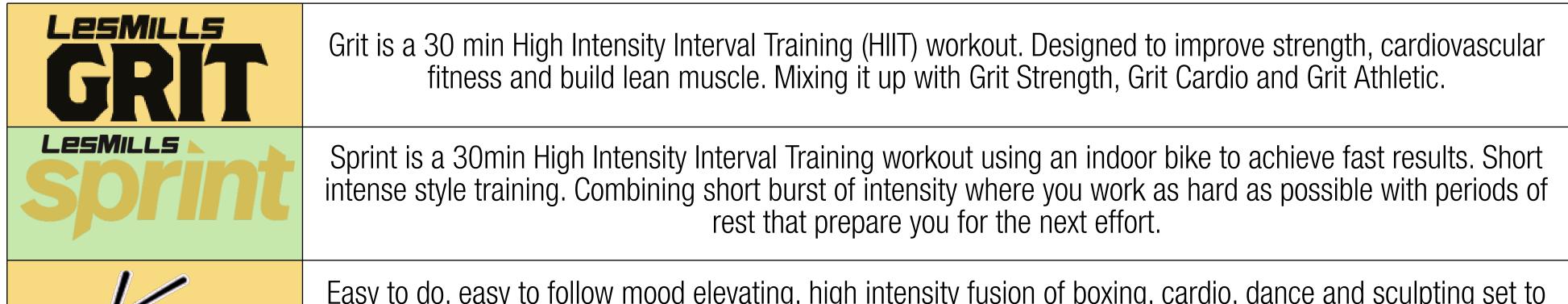




## **Group** fitness Class Descriptions Term 1 2023

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Konga	hot beats. All in one workout that will torch calories, tone your body, make your soul smile and inject your body with endorphins overload.
LesMills 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.
LesMills 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.
<b>PUNCHFIT</b>	Partner up with boxing gloves and pads running through boxing drills and bodyweight exercises adding variety and fun to your workout routine.
LesMills 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	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.
TIFR 3	

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.



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