

GROUP FITNESS TIMETABLE

1/04/2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.00 am	Lite Circuit (Micheala)	Lite Step (Vicki)	Lite Stretch (Micheala)	Lite Core Stability (Micheala)	Lite Fitness (Deanna)	<u>ZUMBA</u> 8.00am
8.00 am	Gentle Yoga (Fiona)			Gentle Yoga (Jade)	Tai Chi Lounge (Jenny)	Tai Chi Lounge (Jenny) ADVANCED 8am to 9am
					NEW Restorative Yoga 60 mins (Jade)	Tai Chi Lounge (Jenny) BEGINNERS TO INTERMEDIATES 9am to 10am
8.30 am			Legs, Bums and Tums (Megan)			
9.00 am	Yoga 90 mins (Fiona)	Yoga 90 mins (Marina)		Yoga 90 mins (Marina)	Powerbar (Deanna)	Yoga 90 mins (Annelies)
9.00 or 9.30 am		<u>ZUMBA</u> UNLIMITED NUMBERS 8.30am (as of 22/5)	Powerbar (Megan) <u>9.30am</u>	<u>ZUMBA</u> UNLIMITED NUMBERS 9.00am		
10.00 am				Ladies Social NETBALL 10.00am -11.30am NEW	Pilates (Deanna)	
10.30 am	Pilates (Deanna)	Tai Chi (Joan)	Pilates (Megan)	Legs, Bums and Tums (Ingrid)		
5.30 pm		Yoga 90 mins (Annelies)		Yoga 90 mins (Annelies)		

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From 1 April 2012

For all enquiries:

NOOSA LEISURE CENTRE
Wallace Park, Eumundi Rd
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noosaleisurecentre

General Fitness



Lite Fitness Classes: A fun way to get and stay fit. Exercise at your own pace under the guidance of a motivating instructor. Choose from Circuit, Step, Core Stability and General Fitness to train your body in different ways. Aimed at the over 50's but everybody welcome.



Legs, Bums & Tums: For those serious about beautiful legs, a toned bottom and a tight stomach. This class is a lower body workout using varying equipment to achieve maximum results.



Powerbar: Get fit and strong with this weights-based class. Powerbar is a 55 minute choreographed weights to music program using a combination of free weights, a bar and an aerobic step. Weights are adjusted depending on the person's individual strength and will vary by track.



Zumba: The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Body and Mind



Yoga: Reach your full potential through the practice of asanas (postures) and pranayama (breathing), relaxation and meditation for body and mind. Classes are Iyengar style.



Gentle Yoga: A more moderate yoga class aimed at mature participants as well as those new to yoga. Classes are Iyengar style.



Restorative Yoga: Helps to restore and implement the nervous system. This class will also benefit all those who attend Yoga.



Tai Chi: Mind, Body and Spirit are all exercised simultaneously by this one ancient Chinese Health Exercise. Your body will be more relaxed, flexible, coordinated and supple from practising these exercises.



Pilates: Improve your posture and take the pressure off your body by strengthening your core muscles. This class will tone, increase strength and flexibility and improve overall mobility and precision at which you move.