

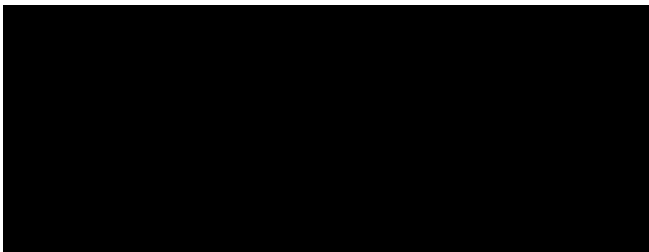
**Lakes Aquadome**

# **Group Fitness Timetable**

**Starting 1st June 2010**



**We've got something for everyone.**





# Aqua Timetable

TIME	MON	TUES	WED	THURS	FRI
9.15am	<b>Aqua Aerobics</b> Kristie	<b>Aqua Easy</b> Charmaine	<b>Aqua Aerobics</b> Kristie	<b>Aqua Lite</b> Charmaine	<b>Aqua Aerobics</b> Charmaine
6.15pm	<b>Deep Water Running</b> Charmaine		<b>6pm Deep Water Running</b> Kristie		

## Casual Attendance Rates:

Adult	\$11.50	
Conc / Student	\$9.50	<b>**Bookings required for the following</b>
Transition Gym	\$6.00	<b>Classes: BodyPUMP, BodySTEP, Circuit,</b>
Teen Gym	\$8.00	<b>BodyBALANCE and BodyCOMBAT.</b>
















\*A medical clearance is recommended for any person who is about to undertake an exercise program.

**Creche & Occasional Care** services are available Monday to Friday 9.00am - 12.00pm. Bookings are essential

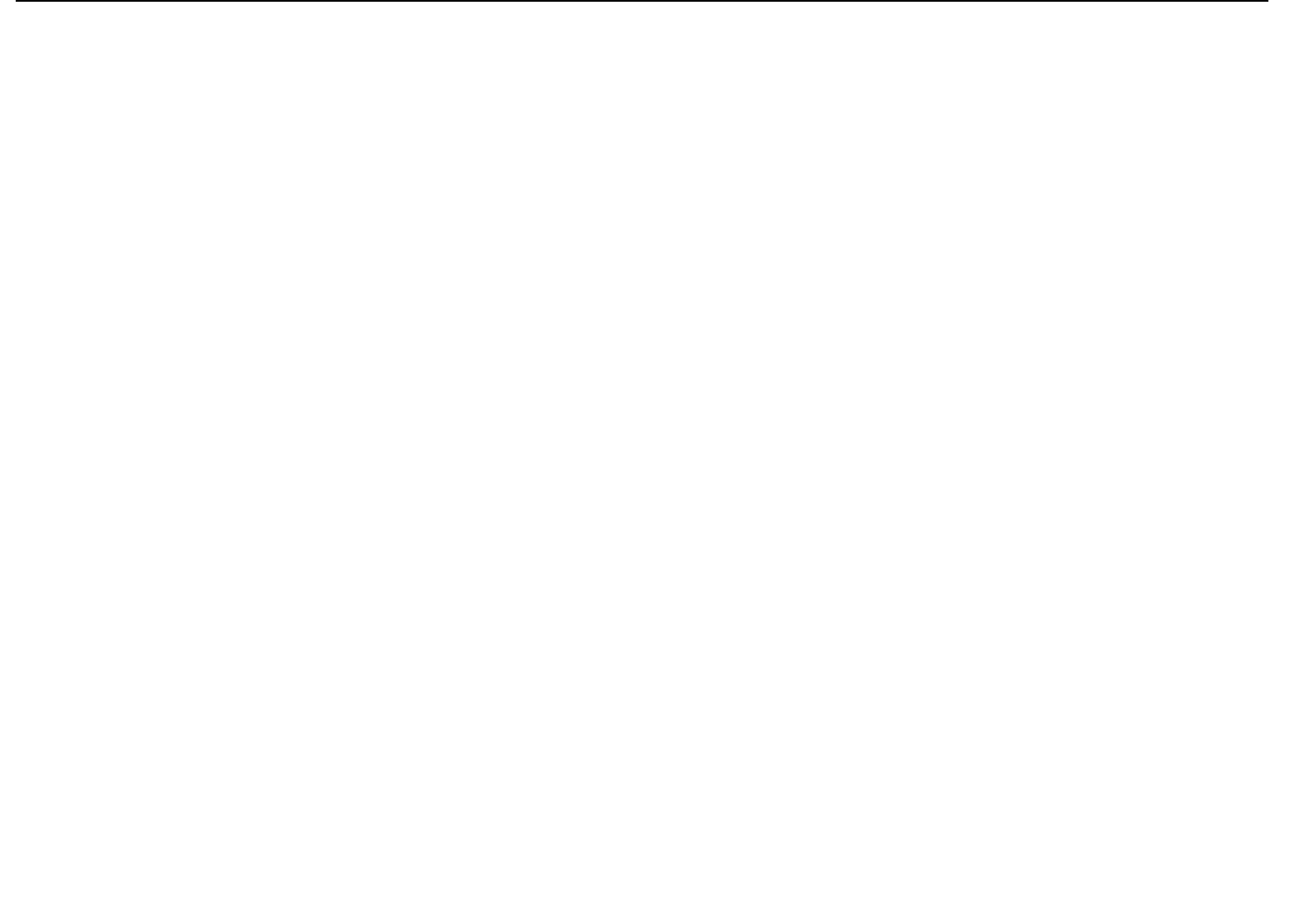
**Memberships** are available at very affordable prices. Pick up a price brochure from reception today.
















*\*Lakes Aquadome Leisure Centre reserves the right to cancel classes and alter timetable and operating hours at any time.*

*Please contact customer service for changes that may apply for Public Holidays and during school holiday periods.*

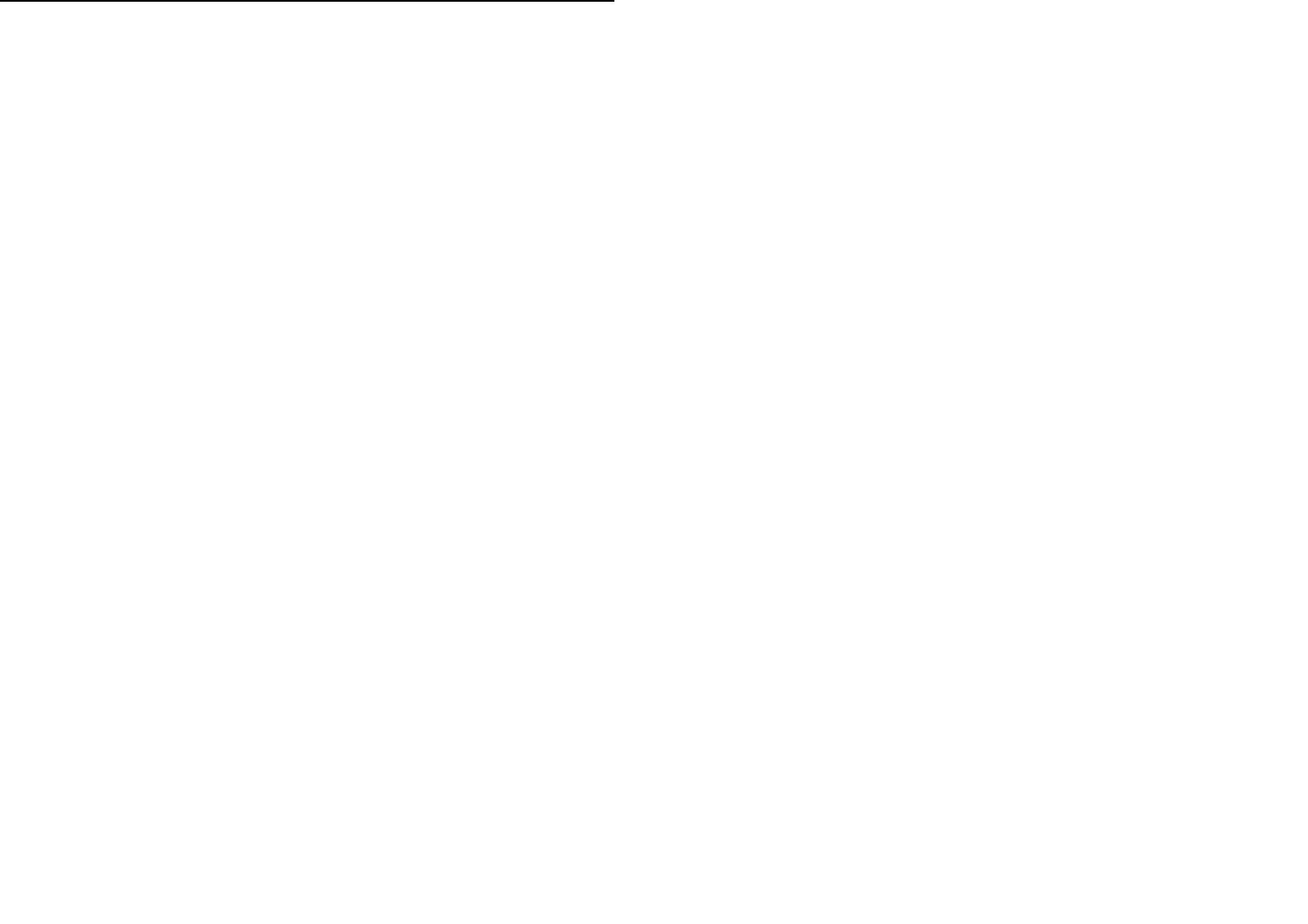
TIME	MON	TUES	WED	THURS	FRI	SUN
6.00am		<b>NEW!!</b> Circuit			<b>NEW!!</b> Circuit	
9.15am		<b>NEW!!</b> 		Total Body Conditioning		
10.30am	Lite N Low				Lite N Low	
11.30am			TRANSITION GYM		TRANSITION GYM	
3.30pm	TEEN GYM		TEEN GYM			
6.00pm						5pm 
6.15pm						
7.00pm		<b>NEW!!</b> 		<b>NEW!!</b> 		

- ◆ For your own comfort please ensure you bring along a towel and a drink bottle.
- ◆ Runners must be worn at all times during classes held in the group fitness room and in the gym.
- ◆ Bookings for Les Mills classes are essential. If it's your first class, please arrive 15 minutes early to go through technique with Instructor.
- ◆ Class numbers are always being monitored and classes may be added or removed from the timetable at our discretion.



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9.15am		NEW!! 		Total Body Conditioning		
10.30am	Lite N Low				Lite N Low	
11.30am			TRANSITION GYM		TRANSITION GYM	
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**Lite n Low:** A fantastic class to reintroduce yourself to exercise and wake up those muscles again! Suitable for older adults, beginners, and intermediate levels.

**Aqua Lite and Aqua Easy:** A low intensity class suitable for older adults, pre natal women, and those rehabilitating or returning to exercise. If you suffer from arthritis or are limited with mobility then this class is for you!

**Aqua Aerobics:** Suitable for all fitness levels, a sensational water aerobics class using a range of equipment for fun, effective fitness! Feel free to sing along as well!

**Deep Water Running:** A energetic workout in the deep end of the pool utilizing floatation belts and other equipment to work your entire body. Fantastic for toning and shaping without any impact.

**Transition Gym:** Supervised gym workout designed for those who are over 50 years and no longer working full time. A fun, social way to improve your fitness and mobility and meet new people in a safe and enjoyable environment.

**TBC/ Circuit:** Total Body Conditioning is an excellent way to increase your fitness, burn body fat and tone up the whole body with a series of stations to challenge yourself. Suitable for all levels.

**BODYPUMP:** A non impact class designed by Les Mills to give your body a complete workout using barbells and weights to music. Fantastic for strengthening bones, speeding up your metabolism to burn body fat, tone and shape your body! Suitable for all levels.

**BODYSTEP:** Burn those Calories!! A Les Mills choreographed class that delivers fast results by combining rhythm and energy with an all over workout. Fantastic for those butts and thighs!

**BODY BALANCE:** The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

**BODY COMBAT:** an Empowering Cardio workout utilizing the disciplines of Karate, Boxing, Taekwando, Tai Chi and Muay Thai. Choreographed to music: punch, kick and kata your way through calories to a superior fitness!

## Lakes Aquadome Leisure Centre

Lakes Entrance  
43 Palmers Road  
Lakes Entrance 3909  
Tel: 03 5155 3333  
Fax: 03 5155 4444

### Operating Hours:

Monday to Friday 6.00am - 8.00pm  
Saturday, Sunday &  
Public Holidays 9am—6pm

