

SEAFORD RECREATION CENTRE GROUP FITNESS TIMETABLE

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6.30 am	Up & Go*		Up & Go*		Up & Go*		
8.15 am						Boot Camp	
9:15 am	Body Balance	Body Pump	Boot Camp	Body Pump	Body Step	Body Pump	
10.15 am	Les Mills Mix Up	Strength 4 Life*		Zumba	Tums, Bums & Thighs		
11.15 am	Mature Movers	Strength 4 Life*	Mature Movers	Strength 4 Life	Mature Movers		
4.15pm	Kids Boot Camp		Kids Boot Camp				
6:00 pm	Body Step	Body Pump	Body Pump	Boot Camp			
7.00 pm	Tums, Bums & Thighs	Abs, Stretch & Relax	Zumba				

CLASS DESCRIPTIONS

UP & GO - High energy "super-duper" circuit style class to energise your day. Combo of all classes, what a way to start your day!!

Les Mills Mix Up – This fun filled class is combo of all your favourite Les Mills classes – a great cardio workout that will leave you wanting more!.

TUMS BUMS & THIGHS - Tone up the thighs, tummy and buttocks in this low-to-no impact session, using a variety of different equipment.

BODYSTEP - Step involves using a platform to step up and down on as you move to fantastic music. Step is fun, energetic and great for calorie burning. Great for toning the butt and thighs too!!

BODY PUMP - Billed as "the fastest way in the universe to get the body you want", BODYPUMP is a "must-do" class. Great results!

BODY BALANCE - This class is based on yoga, tai-chi and Pilates to help you achieve greater flexibility and strength. It is also a wonderful tonic for stress.

BOOT CAMP — The complete body workout guaranteed to make you sweat. A combination of cardio, strength training and "old school" exercises. (It's hard yards but you can make your pace)

ABS STRETCH & RELAX– You guessed it...lots of Ab's and stretching. A workout for the core. This class concentrates on Flexibility and Relaxation techniques to relax the muscles within your body and the mind.

ZUMBA - As seen on TV!! Join the party. Suits all levels.

MATURE MOVERS –A "Reserved" / low impact style class designed for our more senior members, cardio and light resistance workout.

STRENGTH FOR LIFE – Over 55 and not as strong as you used to be? Group session with supervised weight training. Must complete an assessment before your first session

Kids BOOTCAMP Super circuit for those up to and including 13 year olds. 45 minute sessions.