

FREE * Core-Foundation Class

A specially designed class to help mums re-establish their core muscle function after child birth.

Fridays 9am

at the Noosa Leisure Centre

The class focuses on building up the pelvic floor, abdominals and glute muscles as well as stabilising your spine and joints in order for you to move on to a more advanced program. It is a progressive class based on your own strength and fitness level with both cardio and resistance training exercises included in each session.

Cost: FREE *

*(Please note that each mum can only complete a series of 10 classes once.)

On site crèche available for bubs over 8 weeks old (\$4.30/hr per child, discount multi-passes available)

Active Mums Membership Program

A new membership program from Noosa Leisure Centre (NLC) and Noosa Aquatic Centre (NAC) specifically for mums with children 0-5years.

Cost: \$9.95 per week direct debited fortnightly

(\$19.90 per fortnight)

To sign up – please see reception at Noosa Leisure Centre. *Free entry into the Kids' Playroom on the day of sign up!*

Membership entitles you to:

- * All Active Mums classes (see timetable over page)
- * Unlimited lap swimming at the Noosa Aquatic Centre
- * \$8.00 upgrades to attend Noosa Aquatic Centre gym and any other group fitness classes at either Noosa Aquatic or Noosa Leisure Centre

Please note:

- * Each mum is entitled to one Active Mums membership, for a maximum period of 12 months. After this time you will be able to transfer across to any of our full rate membership options without incurring any transferring or joining fees.
- * Council reserves the right to cancel the membership offering at any stage if minimum membership numbers are not reached or maintained.

JOIN ACTIVE MUMS FACEBOOK GROUP – 'ACTIVE MUMS NOOSA'

Turn over for Active Mums Timetable....

Active Mums Timetable Effective from 15 October, 2018

Please note classes and instructors are subject to change. All classes = 60 minutes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am		Circuit Combo					
7:00am						Yoga	
7:30am	Active Aqua		Active Aqua		Active Aqua		
8:00am						Fat Burner	
8:30am	Aqua Workout	Aqua Workout	Aqua Workout	Aqua Workout	Aqua Workout		Aqua Workout
9am			Boxfit		Zumba	Let's Dance!	
					Core Foundation		
9:15am	Core Fitness						
9:30am		Power Bar		Aqua Deep		Aqua Workout	
		Aqua Deep					
10am			Body Blitz	Let's Dance!	Fitness Pilates		
10:30am		Yoga					
5:15pm			Let's Dance!				
6:15pm		Yoga					

Group Fitness Classes held at the Noosa Leisure Centre

Body Blitz: A body conditioning class that aims to challenge you! Lots of variety to strengthen your muscles and your core. Incorporating a variety of equipment including weighted bars, dumbbells, bands, balls and gliders, this class will work your entire body.

Boxfit: An empowering workout combining drills and skills from boxing and martial arts – great for relieving stress and improving fitness.

Circuit Combo: Circuit session combining cardio exercises with resistance training using body weight, medicine balls, thera-bands, free weights and fitballs for a fun, high intensity workout to kick-start your day.

Core Fitness: A variety of cardio and strength building workouts focussing on improving core strength and flexibility.

Core Foundation: This class focuses on building up the pelvic floor, abdominals and glute muscles as well as stabilising your spine and joints in order for you to move on to a more advanced program. It is a progressive class based on your own strength and fitness level with both cardio and resistance training exercises included in each class.

Fat Burner: Burn away those calories with this high intensity, interval style class. It's sure to get your heart thumping mixing body weight & functional movement exercises for greater mobility and strength. Get ready to sweat it up and challenge yourself, Remember sweat is just fat crying.

Fitness Pilates: An hour of movement and stretching to build and strengthen core muscles.

Let's Dance: Using a variety of dancing styles to a wide range of hit songs from many genres of music including Latin, Pop, Swing-Jazz, Hip-Hop and World Music. A perfect class for those who love to have fun whilst enjoying music and dance.

Power Bar: This class ensures your whole body receives a fantastic strength conditioning workout top to toe! A fully choreographed resistance workout to music using a barbell and weights. Power Bar is excellent for osteoporosis prevention, weight management and for increasing muscle strength and metabolic rate.

Zumba: The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a unique fitness program. Experience an absolute blast in one exciting hour of calorie-burning and body-energizing movements.

Yoga: Explore the dynamics of a yoga practise that enhances the proper functioning of the endocrine (hormone producing) system. Health, strength and vitality will be natural by-products of our dynamic but sensitive work.

All Aqua Classes held at the Noosa Aquatic Centre: refer to NAC timetable for full class descriptions or visit their website: www.noosa.qld.gov.au/nac