

# NLC Group Fitness Timetable

Effective 15<sup>th</sup> of October 2018



9 Wallace Drive,  
Noosaville

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www.noosaleisurecentre.com.au

All Classes = 60 Minutes unless indicated otherwise

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am		Circuit Combo*			Yoga (Start 6.45am)		
7:00am	Noosa Yoga		Noosa Yoga	Circuit		Yoga*	
7:30am		Body Moves		Pickleball (7:30am – 9:30am)			
		Pickleball (7:30am – 9:30am)					
8:00am	Lite Fitness		Lite Stretch	Lite Pilates	Lite Fitness	Qi gong for Beginners	
						Fat Burner*	
8:30am		Pilates Fusion					
9:00am	Zumba		Boxfit*	Boxfit	Zumba*	Let's Dance! *	
					Core Foundation Free Class		
9:15am	Core Fitness*						
9:30am		Power Bar*		Netball (9:30am – 11am)			Yoga Flow (9:45am start)
10:00am	Badminton (10am – 12pm)		Body Blitz*	Let's Dance!*	Fitness Pilates*		
				Badminton (10am – 12pm)			
10:30am	Pilates Fusion	Yoga*					
11:00am				Power Moves			
11:30am	Lite Stretch	Line Dancing			Pickleball (11:30am-1:30pm)		
2:30pm				Line Dancing			
4:00pm			Gentle Yoga				
5:15pm			Let's Dance! *				
6:15pm		Yoga*	Yoga for Beginners				

\* Classes available for active mums' members – Please see reception for more information  
  Free Class: Available for mums with children under 5 years of age. Conditions apply  
  Social Ball Sports

#### Class Intensity Levels

- Lite
- Moderate
- Intensive

# Class Descriptions



**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.

**Body Moves:** A mix of low impact aerobics and body conditioning. The aim of the class is to work all major muscle groups incorporating aerobic activity, strength and endurance exercises, balance and stretching. Adaptations and progressions provided. Class is ideal for active older participants, or those recovering from injury.

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

**Circuit:** This is a general strength and conditioning class set up in circuit stations changing the exercise intent on each station. Your results will include functional movement, core conditioning and cardiovascular fitness.

**Circuit Combo:** Circuit session combining cardio exercises with resistance training using body weight, medicine balls, thera-bands, free weights and fit balls – 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. *Free Core Foundation Class is available for mums with children aged between 0-5 years – conditions apply.*

**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:** Combines the principles of traditional Pilates with updated exercise prescription for the apparently healthy adult. This class utilizes all of the principles and includes many of the mat work exercises of traditional Pilates, but offers modifications and diversifications to provide a controlled body conditioning program.

**Gentle Yoga:** A fun and safe way to gain all benefits of traditional yoga. A wonderful class for yoga beginners and those less flexible to learn the foundations before moving onto floor yoga. Includes a guided meditation. Chairs used for support.

**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.

**Line Dancing:** Line dancing is a low impact, gentle exercise that involves learning easy dances to foot tapping tunes. It is a great activity to boost memory, improve flexibility & balance and reduce stress whilst increasing energy levels.

**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 Stretch, Pilates and Fitness classes to train your body in different ways. Aimed at the over 50's but everybody welcome.

**Noosa Yoga:** Noosa Yoga classes are 5 week sequences that enables variety and continuity with all levels of classical and modern yoga. Each class starts with ways to quieten the mind and breathe in a sequence of yoga postures, before a guided relaxation at the end. Every class is different because Noosa Yoga teachers maintain their own style of yoga.

**Pilates Fusion:** Pilates Fusion is a blend of stretching, Yoga and Pilates. The classes are customized to the participant's ability and will increase strength and flexibility and improve posture.

**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.

**Qigong for Beginners:** Qigong can be thought of as a moving meditation. Slow, deep breaths are co-ordinated with profound yet simple movements and creative visualisation. Qigong is a self-empowering practice that builds on your own internal healing systems. It's also a practice that promotes health, energy & wellbeing and initiates transformation on all levels.

**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.

**Yoga Flow:** A gentle yet dynamic yoga flow that's perfect to help you de-stress, unwind and relax on a Sunday morning.

**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.

