

# NLC Group Fitness Timetable

Effective September 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am		Circuit			Yoga Flow		
6:45am	Noosa Yoga		Noosa Yoga	Circuit (45 min. class)			
7:00am		Pickleball (7am - 9am)		Pickleball (7am - 9:30am)		Yoga*	
7:45am	Let's Dance!	Body Moves	Qi Gong	Lite Fitness Pilates	Lite Fitness		
8:00am	Lite Fitness		Lite Stretch			Qi Gong (8:15am start)	Pickleball (8am - 10am)
9:00am	Core Fitness*	Pilates Fusion		Boxfit*	Dance Workout* Core Fitness*		
9:15am	Let's Dance Lite		Strong Nation*				
9:30am						Soulfit Dance*	Noosa Yoga* (9:45am Start)
10:00am	Badminton (10am - 12pm)			Badminton (10am - 12pm)			Pickleball (10 - 11:30am)
10:15am		Pure Strength (45min class)*		Let's Dance!*	Fitness Pilates*		
10:30am	Pilates Fusion		Power Bar*				
11:30am		Yoga (11:15am start)		Let's Dance!			
11:45am	Lite Stretch				Pickleball (11:45am-1:15pm)		
12:30pm		Soulfit Dance*					
4:00pm			Yoga for Core				
4:30pm		HIIT* (30 min class)					
5:30pm		Noosa Yoga*	Dance Workout*				
6:00pm				FitBarre Pickleball			

\* Classes available for active mums' members – Please see reception for more information

 Social Ball Sports

All Classes are 60 Minutes unless indicated otherwise

# Class Descriptions

- 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.
- 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.
- Core Fitness:** A variety of cardio and strength building workouts focussing on improving core strength and flexibility.
- Dance Workout:** A fun cardio workout to a range of music with a range of low to high impact moves. Dance to a fusion of pop, hip hop, latin and bollywood styles with Sarah.
- FitBarre:** If you want to achieve a lean dancer's body, strong back, flexibility and get fit whilst improving your posture and without a hectic cardio routine then this is the class for you!
- Fitness Pilates:** Combining 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.
- HIIT:** High Intensive interval Training involves short bursts of intense exercise followed by short recovery periods. Our 30 minute HIIT class will push your limits in a supportive environment to help you get fitter, faster.
- 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.
- Let's Dance Lite:** Let's Dance Lite is an easy variation of Natsuko's regular let's dance class, it is targeted for people who are new to dance exercise and people who aren't as agile as they once were.
- Lite Fitness:** A fun way to get and stay fit. Exercise at your own pace under the guidance of a motivating instructor. Aimed at the over 50's but everybody welcome.
- Lite Fitness Pilates:** This Pilates class works on training the body as an integrated whole. Pilates workouts promote strength and balanced muscle development as well as flexibility and an increased range of motion for the joints.
- Lite Stretch:** Under the guidance of our motivating instructor you will stretch out all major muscle groups through slow and controlled movements.
- 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.
- Pure Strength:** A full body strength training class designed to define and build lean muscle and burn fat. Focusing on combining various types of strength training techniques using free weights and resistance.
- Qigong:** 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.
- Soulfit Dance:** An accessible cardio dance class for all fitness levels that incorporates modalities such as latin, hiphop, burlesque, Bollywood and freedance. Beginners and veterans of dance would enjoy this class as it's easy to catch onto but also has room for lots of free movement/styling for intermediate/advanced dancers.
- Strong Nation:** Combining body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.
- Yoga:** In this class postures are practised to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated.
- Yoga Flow:** A more dynamic practice with creative sequencing and different variations of traditional poses
- Yoga for Core:** A complete yoga class focusing on strengthening muscles, increasing joint mobility to complement safe movements in other exercise forms. Helps improve posture, core strength and flexibility through vinyasa flows and healthy movement patterns to enhance daily life.