

FREE * Core Foundation Class

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

Wednesdays 9:15am
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 (\$4.70/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: **\$12.00 per week** direct debited fortnightly
(**\$24.00** 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
- * \$8.80 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 April 2022

Please note classes and instructors are subject to change.

All classes = 60 minutes unless otherwise stated

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am		Circuit Combo	Aqua				
7:00am						Yoga	
7:30am	Aqua		Aqua		Aqua		Aqua
8:30am	Aqua	Aqua	Aqua	Aqua	Aqua		Aqua
9:00am					Dance Workout Core Fitness		
9:15am	Post Natal Pilates		Core Foundation				
	Core fitness		Zumba				
9:30am		Aqua		Aqua		Soulfit Dance	Yoga
			Box fit		Aqua		
10:15am		Pure Strength (45min class)	Power Bar (10:30 start)	Let's Dance!	Fitness Pilates		
12:30pm		Soulfit Dance					
4:30pm		HIIT (30 min. class)					
5:30pm	Aqua		Dance Workout				

Group Fitness Classes held at the Noosa Leisure Centre

= Child Friendly Class

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: Core fitness is a low impact class that challenges and strengthens the muscles of the core. It is designed to develop control and stability in the lower back, hips, abdomen and pelvis. Core fitness is a Pilates style class that builds on movements to challenge participants whilst still offering the option to modify the class depending on their experience and ability.

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.

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.

Fitness Pilates: A modern Pilates class that incorporates the physio balls and various other equipment to strengthen and tone the entire body. Breath and technique are a focus in developing good postural foundations to engage the muscles and improve mobility and body control.

HIIT: High Intensity 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 get you 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.

Post Natal Pilates: A specially designed workout for women postpartum. This safe yet effective workout helps target deep abdominal muscle activation whilst focusing on whole body strengthening. Bring your bub along and you can incorporate them into some of the exercises or have them safely next to you.

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.

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.

Yoga: Yoga postures are practised to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated.

Zumba: is an interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.



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