

SPORTS CENTRE · GROUP EXERCISE 24 JULY – 20 OCTOBER

Please check our website for class changes and modifications on Public Holidays.

latrobe.edu.au/sport

TIME AND LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM STUDIO		 FUNCTIONAL HIIT		 BOXFIT	 HIIT Circuit
12:10 PM STUDIO	 YOGA	 ZUMBA [®] FITNESS	 YOGA	 PILATES	 STRONG BY ZUMBA [®]
1:05 PM STUDIO	 LESMILLS BODYPUMP	 PILATES	 LESMILLS BODYPUMP	 HIIT Circuit	 BOOT CAMP
5:00 PM STUDIO	 LESMILLS BODYPUMP	 LESMILLS BODYATTACK	 LESMILLS BODYPUMP	 BOOT CAMP	
5:30 PM POOL LOUNGE		 YOGA	 PILATES	 YOGA	
6:00 PM STUDIO	 LESMILLS BODYATTACK	 BOXFIT	 STRONG BY ZUMBA [®]	 LESMILLS BODYPUMP	
7:00 PM STUDIO	 BOXFIT				

Class Descriptions



A sports-inspired cardio workout! A high-energy interval training class combining athletic aerobic movements with strength and stabilisation exercises.



Uses barbells and weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. Will sculpt, tone and strengthen your entire body!



Using a variety of boxing equipment/drills this class is designed to increase strength and fitness levels whilst improving general boxing skills.



A fusion of hypnotic Latin rhythms and simple dance moves will ensure you have fun whilst burning calories! No dance experience necessary.



Enjoy total body conditioning during this workout which combines high intensity cardiovascular and weight resistance exercises.



A weights based circuit class designed to condition and develop strength, flexibility and tone. This dynamic class is suitable for all fitness levels and is guaranteed to bring out your inner athlete!



Re-energise and centre yourself whilst increasing strength and flexibility during this strong and powerful flow blend of yoga traditions.



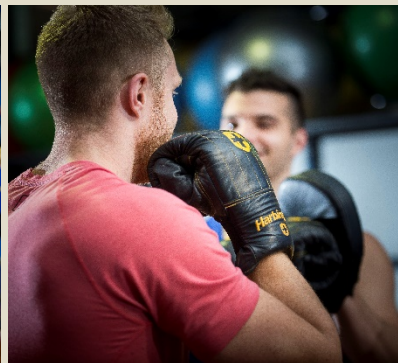
Improve flexibility, posture and core strength. Class is based on Joseph Pilates' well-renowned principles of stretching and stability.



A fusion of strength, interval and abdominal training guaranteed to get the heart rate up, achieve tone and shape, and challenge the core. A unique and dynamic class, suitable for all fitness levels.



STRONG by Zumba is the first non-dance based class from the fitness brand. The newest of all Zumba classes revolves around high-intensity interval training, but still focuses on moving to the beat. Think of it as boot camp choreography...a bass that puts you in a squatting trance.



GROUP EXERCISE ETIQUETTE

Prior to the commencement of class:

- Please arrive 5 minutes prior to the allocated class time
- Participants should wear appropriate training gear and runners
- Bring along a drink bottle and a towel
- **BOXFIT:** Inner gloves are required

After the class has concluded:

- Please wipe down and return all equipment to its allocated place
- Come along to the next class!

Please Note: For your own safety, under no circumstance will entry be permitted once the class has begun



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