



# **BOROONDARA LEISURE AND AQUATIC FACILITIES**

Group Programming Schedule  
June - November 2019

**ASHBURTON  
POOL AND  
RECREATION  
CENTRE**

**BOROONDARA  
SPORTS  
COMPLEX**

**HAWTHORN  
AQUATIC  
AND LEISURE  
CENTRE**

**KEW  
RECREATION  
CENTRE**







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# WELCOME

At some point every person who decides to invest in their health goes through a very personal experience.

That feeling of elation when you do something you didn't think was possible.

The exhilaration felt when you beat your personal best.

The quiet confidence you get when you realise that you are stronger today than you were yesterday.

Whatever the feeling, it is unique to you and you start to get addicted to what it feels like.

## **We understand that feeling.**

For us there is no finish line, we will never stop developing our programming, people and environments to be better every day, so that you can get better every day.

Beating the competition is easy. But working to ensure that you achieve your goals, that's our never ending commitment to you.



Mike Dean  
Area Manager  
Boroondara Leisure & Aquatic Facilities





# Bio-Scan Session

## GET A COMPLETE VIEW OF YOUR HEALTH

EVOLT360 is an innovative body composition scanner that uses a non-invasive scan of the body to provide a highly personalised detailed analysis of your body.

The information provided by the bio-scan allows your instructor to develop a programmatic solution that will see you achieve your health and wellness goals sooner. Regular bio-scans will also help to keep you motivated, as you will see firsthand the positive impact that programming is having on your overall health.



Be taken through a scan and results in 30 minutes



Find out how healthy you are on the inside



Get your personal nutrient profile based on your individual scan, goals and body type



Track your progress with the Evolt Active App





# ASHBURTON POOL AND RECREATION CENTRE

HIGH INTENSITY TRAINING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15am	6:15am	6:15am	6:15am	6:15am	8:15am	8:15am
	METCON	BODYSTEP 45	METCON	BODYPUMP 45	METCON	METCON	METCON
	9:15am	9:15am	6:15am	10:45am	9:15am	8:30am	9:00am
	BODYPUMP	METCON	FUNCTIONAL CIRCUIT 30	BODYPUMP	BODYPUMP	FREESTYLE STEP	BODYSTEP
	10:45am	6:30pm	6:45am	5:30pm	10:45am	9:00am	9:00am
	FREESTYLE STEP 30	METCON	CX WORK	FUNCTIONAL CIRCUIT - YOUTH	FREESTYLE STEP	INTRO TO FUNCTIONAL TRAINING	STRENGTH 45
	11:15am	6:30pm	9:15am	5:30pm	6:00pm	9:30am	9.45am
	TONE	BODYPUMP	BODYSTEP	BODYSTEP 30	SH'BAM	BODYSTEP	METCON
	5:30pm	7:30pm	5:30pm	6:00pm		9.30am	10:00am
	BODYSTEP	ZUMBA	BODYPUMP	CX WORK		METCON	CX WORK
	6:00pm		6:00pm	6:30pm		10:30am	10:30am
	METCON		METCON	SH'BAM		BODYPUMP	SH'BAM
	6:30pm		6:30pm	6:30pm		4:30pm	4:30pm
	BODY ATTACK		FREESTYLE STEP	METCON		BODYSTEP 30	BODYPUMP
	6:45pm		6:45pm	7:30pm		5:00pm	
	STRENGTH 45		STRENGTH 45	BODYPUMP		CX WORK	
			7:30pm				
			BODYCOMBAT				

AQUATICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:30am	7:30am	7:30am	7:00am	7:30am		9:30am
	HIGH INTENSITY	AQUACISE	AQUACISE	DEEP WATER RUNNING	AQUACISE		AQUACISE
	9:15am	9:15am	9:15am	9:15am	9:15am		
	AQUACISE	HIGH INTENSITY	AQUACISE	HIGH INTENSITY	AQUACISE		
	2:00pm	3:00pm	7:00pm	3:00pm	6:30pm		
	GENTLE WATER EXERCISE	AQUA MOVERS	HIGH INTENSITY	AQUA MOVERS	HIGH INTENSITY		
HIGH INTENSITY	6:45pm						

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15am	6:15am	6:15am	9:15am	6:15am	8:15am	9:15am
	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING
	6:15pm	9:15am	9:15am	6:30pm	5:30pm		
	CYCLE/CIRCUIT	CYCLING	CYCLE / CIRCUIT	CYCLING	VIRTUAL CYCLE		
		7:00pm	6:30pm				
		VIRTUAL CYCLE	VIRTUAL CYCLE				

LOCATION KEY:	GROUP FITNESS STUDIO	STADIUM	POOL	WELLNESS STUDIO	HEALTH CLUB	CYCLE ROOM
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# PROGRAMMING SCHEDULE

FUNCTIONAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15am	9:15am	6:15am	6:15am	6:15am	8:15am	8:15am
	METCON	BOXING CIRCUIT	METCON	BODYPUMP 45	FUNCTIONAL CIRCUIT	METCON	METCON
	6:15am	9:15am	6:15am	6:15am	9:15am	9:00am	9:00am
	FUNCTIONAL CIRCUIT	METCON	FUNCTIONAL CIRCUIT 30	CIRCUIT	CIRCUIT	INTRO TO FUNCTIONAL TRAINING	STRENGTH 45
	9:15am	5:30pm	6:45am	10:45am	9:15am	9:15am	9:45am
	CIRCUIT	BOXING CIRCUIT	CX WORK	BODYPUMP	BODYPUMP	BOXING CIRCUIT	METCON
	9:15am	6:30pm	9:15am	5:30pm		9:30am	10:00am
	BODYPUMP	BODYPUMP	SPIN / CIRCUIT	FUNCTIONAL CIRCUIT - YOUTH		METCON	CX WORK
	11:15am	6:30pm	5:30pm	6:00pm		10:30am	4:30pm
	TONE	METCON	BODYPUMP	CX WORK		BODYPUMP	BODYPUMP
	6:00pm		6:00pm	6:30pm		5:00pm	
	METCON		METCON	METCON		CX WORK	
	6:45pm		6:45pm	7:30pm			
	STRENGTH 45		STRENGTH 45	BODYPUMP			
	7:30pm						
	BODYPUMP 30						
	8:00pm						
	CX WORK						

MIND / BODY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:45am	9:15am	10:00am	9:15am	10:45am	10:30am	9:00am
	DYNAMIC YOGA	BODYBALANCE	YOGA	SYNERGY	BARRE	VINYASA FLOW	BASIC HATHA YOGA (60 MIN)
	2:30pm	10:45am	12:30pm	10:45am	12:00pm	2:00pm	10:00am
	TAI CHI	DYNAMIC YOGA	BODYBALANCE	DYNAMIC YOGA	DYNAMIC YOGA	BODYBALANCE	HATHA YOGA
	7:45pm	1:45pm	2:30pm	1:45pm			11:30am
	EMPOWERMENT YOGA	PILATES	TAI CHI	PILATES			BODYBALANCE
		6:00pm	5:30pm	7:15pm			5:00pm
		BARRE	VINYASA FLOW	TAI CHI			YIN YOGA
		7:00pm	6:30pm	8:30pm			
		DYNAMIC YOGA	BODYBALANCE	BODYBALANCE			
		8:30pm	7:45pm				
		BODYBALANCE	YOGA				

PRYME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12:00pm	10:20am	10:45am	10:30am	10:15am
	ACTIVE MOVERS	EASY MOVERS	ZUMBA GOLD	EASY MOVERS + - PRYME	STRENGTH & BALANCE
		11:30am	12:00pm	12:00pm	12:00pm
		ZUMBA GOLD	ACTIVE MOVERS	ACTIVE MOVERS +	FIT & FAB

INTENSITY KEY:	LOW INTENSITY	MODERATE INTENSITY	HIGH INTENSITY
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# BOROONDARA SPORTS COMPLEX

HIGH INTENSITY TRAINING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15am CIRCUIT	6:00am METCON	6:15am BOXING CIRCUIT	6:15am BODYPUMP	6:00am METCON	8:00am METCON	
	9:15am CIRCUIT	9:15am CORE CIRCUIT	9:15am CIRCUIT	9:15am CIRCUIT	6:15am CIRCUIT	8:45am CORE CIRCUIT	
	6:00pm METCON	9:30am BODYPUMP	6:00pm METCON	9:30am BODYPUMP	9:15am FREESTYLE STEP	5:00pm BODYPUMP	
	6:00pm BODYPUMP	6:00pm ZUMBA		5:30pm BOXING CIRCUIT			
				6:00pm METCON			
				6:30pm ZUMBA			
				7:30pm			
				CIRCUIT			

AQUATICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00pm DEEP WATER RUNNING	9:30am AQUA AEROBICS	6:00am SQUAD SWIMMING	9:30am AQUA AEROBICS	6:00am SQUAD SWIMMING	9:30am DEEP WATER RUNNING	
			8.00am DEEP WATER RUNNING		8:00am DEEP WATER AEROBICS		

LOCATION KEY:	GROUP FITNESS STUDIO	COURT 1 - STADIUM	FUNCTIONAL TRAINING STUDIO	POOL	CRÈCHE	MULTI-PURPOSE ROOM	OUTSIDE
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# PROGRAMMING SCHEDULE

FUNCTIONAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00pm	6:00am	9:30am	6:15am	6:00am	8:00am	
	METCON	METCON	CORE & MORE	BODYPUMP	METCON	METCON	
	6:00pm	9:15am	6:00pm	9:30am		8:45am	
	BODYPUMP	CORE CIRCUIT	METCON	BODYPUMP		CORE CIRCUIT	
		9:30am	6:30pm	6:00pm		9:45am	
		BODYPUMP	CORE & MORE	METCON		CORE & MORE	
		10:15am				5:00pm	
		CORE & MORE				BODYPUMP	

MIND / BODY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:30am	7:00am	10:30am	7:00am	9:30am	8:30am	9:00am
	PILATES	IYENGAR YOGA	PILATES	IYENGAR YOGA	PILATES	IYENGAR YOGA	PILATES
	9:30am	10:30am	7:30pm	9:30am			10:00am
	PILATES	BODYBALANCE	HATHA YOGA	PILATES			PILATES
	10:30am	6:30pm		10:15am			4:00pm
	CLASSICAL YOGA	PILATES		QI GONG TAI CHI			IYENGAR YOGA
	7:00pm			10:30am			5:30pm
	IYENGAR YOGA			BODYBALANCE			IYENGAR YOGA
				5:30pm			
				IYENGAR YOGA			

PRYME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:15am	10:15am	9:30am	10:15am	9:30am	9:45am	
	ACTIVE ADULTS	CORE & MORE	CORE & MORE	QI GONG TAI CHI	WALK & STRETCH 90	CORE & MORE	
		11:30am	10:15am	11:30am	10:15am		
		SUPER SENIORS	ACTIVE ADULTS	SUPER SENIORS	ACTIVE ADULTS		
			6:30pm	2:00pm	11:30am		
			CORE & MORE	GENTLE STRENGTH TRAINING	SUPER SENIORS		

INTENSITY KEY:	LOW INTENSITY	MODERATE INTENSITY	HIGH INTENSITY
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# HAWTHORN AQUATIC AND LEISURE CENTRE

INTENSITY KEY:	LOW INTENSITY	MODERATE INTENSITY	HIGH INTENSITY
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HIGH INTENSITY TRAINING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15am	6:15am	6:15am	6:15am	6:15am	8:00am	9:30am
	PZ:METCON	BOXING EXPRESS	PZ:METCON	GRIT	PZ:METCON	PZ:METCON	BODYPUMP
	6:15am	10:50am	6:15am	9:30am	9:30am	8:45am	10:45am
	BODYPUMP	ZUMBA	BODYPUMP	CIRCUIT HIT	PZ:METCON	PZ:METCON	BOXING
	9:30am	5:30pm	9:30am	5:30pm	9:30am	9:30am	
	PZ:METCON	BODYPUMP	PZ:METCON	BODYPUMP	BODYPUMP	BODYPUMP	
	10:45am	6:30pm	10:50am		6:30pm	10:45am	
	BOXING EXPRESS	BODYATTACK	BODYPUMP		ZUMBA	ZUMBA	
	12:30pm	7:30pm	5:30pm				
	BODYPUMP	ZUMBA	BOXING				
	5:30pm		6:30pm				
	BOXING		PZ:METCON				
	5:45pm		6:30pm				
	PZ:METCON		ZUMBA				
	6:30pm						
	BODYPUMP						
	7:30pm						
	ZUMBA						

AQUATICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am	8:30am	6:00am	7:30am	6:00am	7:00am	
	SQUAD SWIMMING	DEEP WATER RUNNING	SQUAD SWIMMING	DEEP WATER RUNNING	SQUAD SWIMMING	SQUAD SWIMMING	
	7:30am	10:45am	8:30am	2:00pm	8:30am	9:45am	
	DEEP WATER RUNNING	AQUA AEROBICS	DEEP WATER RUNNING	AQUA AEROBICS	DEEP WATER AQUA AEROBICS	DEEP WATER RUNNING	
	8:30am	11:45am	11:45am		11:15am		
	DEEP WATER AQUA	GENTLE WATER EXERCISE	GENTLE WATER EXERCISE		GENTLE WATER EXERCISE		
	11:45am		6:30pm				
	GENTLE WATER EXERCISE		HTC SQUAD				
	6:30pm						
	HTC SQUAD						

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15am	6:15am	6:15am	6:15am	6:15am	8:30am	9:30am
	CYCLE	VIRTUAL CYCLE	CYCLE	VIRTUAL CYCLE	CYCLE	CYCLE	CYCLE
	9:30am	9:30am	10:50am	9:30am	10:50am		
	CYCLE	CYCLE	VIRTUAL CYCLE	CYCLE	VIRTUAL CYCLE		
	6:30pm	6:30pm	6:00pm	6:00pm	6:00pm		
	VIRTUAL CYCLE	CYCLE	CYCLE	CYCLE	VIRTUAL CYCLE		



# PROGRAMMING SCHEDULE

FUNCTIONAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15am	6:15am	6:15am	6:15am	6:15am	8:00am	9:00am
	PZ:METCON	PZ:STRENGTH	PZ:METCON	PZ:STRENGTH	PZ:METCON	PZ:METCON	PZ:STRENGTH
	6:15am	9:30am	6:15am	9:30am	9:30am	8:45am	9:30am
	BODYPUMP	KETTLEBELL	BODYPUMP	KETTLEBELL	PZ:METCON	PZ:METCON	BODYPUMP
	9:30am	5:30pm	9:30am	9:30am	9:30am	9:30am	
	PZ:METCON	BODYPUMP	PZ:METCON	CIRCUIT HIT	BODYPUMP	BODYPUMP	
	11:00am	6:30pm	9:30am	5:30pm		9:30am	
	PZ:LADIES	PZ:STRENGTH	GROOVE	BODYPUMP		PZ:STRENGTH	
	12:30pm		10:50am	5:45pm		10:15am	
	BODYPUMP		BODYPUMP	PZ:METCON		PZ:LADIES	
	5:45pm		5:45pm	6:30pm			

MIND / BODY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30am	9:30am	9:30am	10:00am	11:00am	9:30am	9:00am
	BODYBALANCE	BODYART	PILATES	YOGA	VINYASA FLOW YOGA	HATHA YOGA	DOSHA VINYASA YOGA
	10:30am	10:30am	10:30am	10:30am	12:00pm	10:30am	10:45am
	GENTLE YOGA	BODYBALANCE	VINYASA YOGA	BARRE FUSION	TAI CHI	YOGA	BODYBALANCE
	11:30am	6:00pm	12:00pm	11:00am	12:30pm	12:00pm	4:30pm
	YIN YOGA	PILATES	DANCE FOR NEUROBALANCE	PILATES	PILATES	PILATES	IYENGAR & VINYASA YOGA
	6:00pm	7:00pm	6:00pm	6:00pm	7:00pm	4:30pm	
	BODYBALANCE	BODYBALANCE	BODYBALANCE	DOSHA VINYASA YOGA	GENTLE YOGA	BODYBALANCE	
	7:00pm		7:00pm	6:30pm			
	VINYASA YOGA		VINYASA YOGA	BARRE FUSION			

PRYME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:40am	9:30am	8:00am	8:30am	9:15am
	PRYME ACTIVE	PRYME CIRCUIT	PRYME GYM	PRYME CIRCUIT	PRYME CIRCUIT
	11:30am	12:00pm		11:30am	10:00am
	PRYME STRENGTH	PRYME STRENGTH		PRYME STRENGTH	PRYME ACTIVE
		1:30pm			11:00am
		PRYME FOR SENIORS			PRYME DANCE

LOCATION KEY:	STUDIO 1	STUDIO 2	POOL	HEALTH CLUB	CYCLE ROOM
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# KEW RECREATION CENTRE

RECREATION CENTRE				INTENSITY KEY:	LOW INTENSITY	MODERATE INTENSITY	HIGH INTENSITY	
HIGH INTENSITY TRAINING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	6:15am	6:15am	6:15am	6:15am	6:15am	8:00am	8:05am	
	METCON	STRENGTH	BODYPUMP/ CXWORK EXPRESS	METCON	BODYPUMP EXPRESS	METCON	CX WORK	
	6:15am	6:15am	6:15am	6:15am	6:15am	8:30am	10:30am	
	BODYPUMP EXPRESS	IQ: METCON	IQ: CARDIO	BODYSTEP EXPRESS	IQ: ATHLETIC	BODYSTEP	BODYPUMP	
	6:15am	7:45am	7:45am	6:15am	7:45am	8:30am	4:30pm	
	IQ: FIT	IQ: METCON	IQ: CARDIO	IQ:STRENGTH	IQ: ATHLETIC	IQ: CIRCUIT	BODYPUMP	
	7:45am	8:30am	8:30am	8:30am	8:30am	9:30am	5:30pm	
	IQ: FIT	METCON	IQ: CARDIO	IQ:STRENGTH	IQ: ATHLETIC	BODYATTACK	BODYATTACK	
	8:30am	8:30am	9:00am	9:15am	8:30am	9:30am		
	METCON	IQ: METCON	CX WORK	IQ: SUSPENSION	METCON	IQ: BOX FIT		
	8:30am	9:15am	9:15am	9:30am	9:00am	10:30am		
	IQ: FIT	IQ: SUSPENSION	IQ: SUSPENSION	ZUMBA	CX WORK	BODYPUMP		
	9:15am	9:30am	9:45am	9:45am	9:15am			
	IQ: SUSPENSION	BODYSTEP	IQ: CARDIO	IQ:STRENGTH	IQ: SUSPENSION			
	9:30am	9:45am	11:30am	5:30pm	9:45am			
	BODYPUMP	IQ: METCON	BODYPUMP	IQ:STRENGTH	IQ: ATHLETIC			
	9:45am	11:30am	12:30pm	5:30pm	11:30am			
	IQ: FIT	ZUMBA	C'MON LATIN DANCE	METCON	BODYPUMP			
	5:30pm	5:30pm	5:30pm	7:30pm	12:30pm			
IQ: FIT	IQ: METCON	IQ: CARDIO	BODYPUMP	ZUMBA				
6:30pm	6:30pm	6:15pm		6:30pm				
BODYPUMP	BODYSTEP	IQ: SUSPENSION		BODYSTEP				
7:30pm	7:30pm	6:30pm						
BODYSTEP	BODYPUMP	BODYPUMP						
CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	8:30am	6:05am	9:40am	8:30am	6:05am	8:40am	8:40am	
	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	
	5:40pm	9:40am	5:40pm	9:40am	8:40am	9:40am	9:40am	
	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	
				5:40pm				
				CYCLE				
PRYME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
	10:15am	10:30am	10:40am	10:15am	10:40am			
	PRYME AQUA	PRYME ACTIVE	SUPER SENIORS CIRCUIT	PRYME AQUA	SUPER SENIORS CIRCUIT			
	2:00pm		2:00pm	10:30am				
	PRYME ACTIVE		PRYME ACTIVE	PRYME ACTIVE				
3:00pm		2:15pm	11:00am					
CHAIROBICS		COMMUNITY AQUA	HEALTHY HEARTS					
LOCATION KEY:		GROUP FITNESS STUDIO	IQ STUDIO	POOL	OUTSIDE	HEALTH CLUB	CYCLE STUDIO	CHILD CARE

# PROGRAMMING SCHEDULE

FUNCTIONAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15am	6:05am	6:15am	6:05am	6:15am	8:00am	8:05am
	METCON	RUNNING GROUP	BODYPUMP/ CXWORK EXPRESS	RUNNING GROUP	BODYPUMP EXPRESS	METCON	CX WORK
	6:15am	6:15am	6:15am	6:15am	6:15am	8:30am	8:40am
	BODYPUMP EXPRESS	STRENGTH	IQ: CARDIO	METCON	IQ: ATHLETIC	IQ: CIRCUIT	TOTAL TONE
	6:15am	6:15am	7:45am	6:15am	7:45am	9:30am	10:30am
	IQ: FIT	IQ: METCON	IQ: CARDIO	BODYSTEP EXPRESS	IQ: ATHLETIC	IQ: BOX FIT	BODYPUMP
	7:45am	7:45am	8:30am	6:15am	8:30am	10:30am	4:30pm
	IQ: FIT	IQ: METCON	IQ: CARDIO	IQ:STRENGTH	METCON	BODYPUMP	BODYPUMP
	8:30am	8:30am	9:00am	8:30am	8:30am		
	METCON	METCON	CX WORK	IQ:STRENGTH	IQ: ATHLETIC		
	8:30am	8:30am	9:15am	9:15am	9:00am		
	IQ: FIT	IQ: METCON	IQ: SUSPENSION	IQ: SUSPENSION	CX WORK		
	9:15am	9:15am	9:30am	9:45am	9:15am		
	IQ: SUSPENSION	IQ: SUSPENSION	TOTAL TONE	IQ:STRENGTH	IQ: SUSPENSION		
	9:30am	9:45am	9:45am	5:30pm	9:30am		
	BODYPUMP	IQ: METCON	IQ: CARDIO	IQ:STRENGTH	TOTAL TONE		
	9:45am	5:30pm	11:30am	5:30pm	9:45am		
	IQ: FIT	IQ: METCON	BODYPUMP	METCON	IQ: ATHLETIC		
	10:30am	7:30pm	5:30pm	6:30pm	11:30am		
MIND / BODY	TOTAL TONE	BODYPUMP	IQ: CARDIO	TOTAL TONE	BODYPUMP		
	5:30pm		6:15pm	7:30pm			
	IQ: FIT		IQ: SUSPENSION	BODYPUMP			
	6:30pm		6:30pm				
	BODYPUMP		BODYPUMP				
AQUATICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	11:30am	12:30pm	10:30am	8:30am	10:30am	11:30am	9:30am
	MAT PILATES	MAT PILATES	MAT PILATES	BODYART	BODYBALANCE	BODYBALANCE	BODYART
	5:30pm	5:30pm	7:45pm	11:30am			11:40am
	IYENGAR YOGA	IYENGAR YOGA	PILATES	MAT PILATES			YOGA
	7:45pm	8:30pm		8:30pm			
	TAI CHI QI GONG	BODYBALANCE XPRESS		BODYBALANCE XPRESS			
AQUATICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am	8:15am	6:00am	8:15am	6:00am	6:00am	6:15pm
	SQUAD	AQUA	SQUAD	AQUA	SQUAD	SQUAD	AQUA
	7:00am	9:15am	7:00am	9:15am	7:00am	8:00am	
	SOCIAL SQUAD	POWER AQUA	SOCIAL SQUAD	POWER AQUA	SOCIAL SQUAD	POWER AQUA	
	8:15am		8:15am	10:15am	8:15am		
	POWER AQUA		POWER AQUA	PRYME AQUA	POWER AQUA		
	9:15am		9:15am		9:15am		
	AQUA		AQUA		AQUA		
	10:15am		7:15pm				
	PRYME AQUA		AQUA				





# CLASS DESCRIPTIONS

## **HIIT - HIGH INTENSITY INTERVAL TRAINING**

Involves repeated bouts of high intensity all-out effort followed by short, sometimes active, recovery periods.

## **FUNCTIONAL**

Workouts based on everyday functional movements, designed to increase overall cardio and strength.

## **MIND / BODY**

Engage your mind and body using a range of movement and breathing exercises, designed to increase flexibility and focus, and reduce stress.

## **CYCLE**

Low impact, high intensity bike based sessions use interval training to maximize your cardio workout.

## **AQUATICS**

Water based workouts designed to improve your cardio, as well as strengthen and tone your body with minimal impact.

## **PRYME MOVERS**

Low impact classes designed for older adults, encompassing a range of strength, cardio and flexibility exercises.

## **ADDITIONAL INFORMATION**

- All participants must obtain a ticket from reception prior to the class.
- Entry will not be permitted 5 minutes after the class starts.
- Please see our website for individual class descriptions.

**Boroondara Leisure & Aquatic Facilities** | [www.boroondaraleisure.com.au](http://www.boroondaraleisure.com.au)



# PERSONAL TRAINING

The role of a personal trainer is to enhance your training experience through highly personalised exercise prescription and advice. Personal training is the perfect option when your health and wellness journey requires a little bit more one-on-one attention. Whatever your health and wellness goals are, engaging a personal trainer can assist you to achieve them in a highly supportive environment.

**FOR MORE INFORMATION VISIT**

➤ [www.boroondaraleisure.com.au](http://www.boroondaraleisure.com.au)







**Ashburton Pool & Recreation Centre**

8 Warner Avenue,  
Ashburton VIC 3147  
**T. 03 9885 0333**

**Hawthorn Aquatic & Leisure Centre**

1 Grace Street,  
Hawthorn VIC 3122  
**T. 03 8393 9500**

**Boroondara Sports Complex**

271c Belmore Road,  
North Balwyn VIC 3104  
**T. 03 9851 0444**

**Kew Recreation Centre**

383 High Street,  
Kew VIC 3101  
**T. 03 9853 6177**