








## CLASS DESCRIPTIONS

	Use barbells, to strengthen, tone and challenge your entire body. Your choice of weight enables you to get the results you came for and fast! All choreographed to GREAT music. <b>16yrs +</b>
	An energizing, athletic step class using height adjusting steps. Motivating music and simple moves make this class Fun & easy to follow. The ultimate leg and butt workout. <b>16yrs +</b>
 <b>FULL MEMBERS ONLY</b>	An indoor cycling workout where you ride to the rhythm of powerful music. Let our inspiring leader take you over the hills, flats, mountain trails & interval training. <b>16yrs +</b>
	Calling on methods such as Yoga, Tai chi and Pilates. This class will build flexibility, strengthen your muscles, improve your posture & teach you valuable relaxation techniques. <b>16yrs +</b>
	A great fun, non-contact cardio workout incorporating moves from a range of self defence principles. Strike, kick & punch your way to superior cardio fitness. <b>16yrs +</b>
	This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. <b>16yrs +</b>
	Using Latin rhythms and easy to follow moves, Zumba features interval training where fast and slow rhythms and resistance training are combined to tone your body while burning fat <b>16yrs +</b>
<b>YOGA</b> Ashtanga	Involves synchronizing the breath with a progressive series of postures increasing strength, endurance and flexibility while clearing the body of accumulated toxins and emotional blocks <b>16yrs +</b>
<b>YOGA</b> Hatha	A slower-paced stretching class with some simple breathing exercises and seated meditation. Learn basic poses, relaxation techniques and become comfortable with yoga. <b>16yrs +</b>
<b>AQUA INTERVAL</b>	A combination of chest deep and deep water exercises designed for all fitness levels to motivating music. <b>16yrs +</b>
<b>DWR</b> Deep Water Running	Exercises and aqua running in the deep using buoyancy aids. Suitable for all fitness levels and especially beneficial for injury recovery, arthritis and joint problems. <b>16yrs +</b>
<b>AQUARIANS</b>	A water workout designed for all swimming abilities in a social, fun atmosphere. Have fun, keep active and make new friends with the Aquarian social club. ★ Special seniors concession price for casual participants <b>16yrs +</b>

## CLASS DESCRIPTIONS

<b>PRIME TIME CIRCUIT</b>	A gentle, low impact circuit program utilising pin loaded weight stations and cardio equipment. Work at your own pace and enjoy the social interaction. <b>*Casual participants welcome 16yrs +</b>
<b>CORPORATE CIRCUIT</b>	Customised circuit training for corporate and private groups. Designed to give participants more energy, provide better performance at work, and a develop a happier well rounded employee. <b>16yrs +</b> <b>* Prior bookings essential</b>
<b>HEARTMOVES</b>	A gentle physical activity program suitable for people with stable long term health conditions such as heart disease, diabetes or obesity <b>16yrs +</b> <b>*Casual participants welcome</b>
<b>TEEN TONE &amp; TEEN FLEX</b>	8 week programs for teenage girls (Teen Tone) and boys (Teen Flex) aged 13 –16 years. We will introduce you to the safe use of gym equipment and help you develop healthy lifestyle habits for life. <b>* Term fee applies</b>
<b>ACTIVE MOVES</b>	A gentle, low impact class that includes some aerobic elements, using bands, balls and other equipment to easy listening music <b>16yrs +</b> <b>*Casual participants welcome</b>

## CRECHE

Our friendly, qualified staff are here to look after your little ones while you work out. You can be assured they will enjoy our safe and fun environment.

**SUITABLE FOR CHILDREN 6 WEEKS TO 5 YEARS**

**Monday to Friday**  
**8.00am - 12noon**

**Saturday**  
**8.00am - 12.00am**

**Crèche will close at 11.30am if no children are booked in**

**BOOKINGS ESSENTIAL – 9795 2246**

## SOUTH WEST SPORTS CENTRE

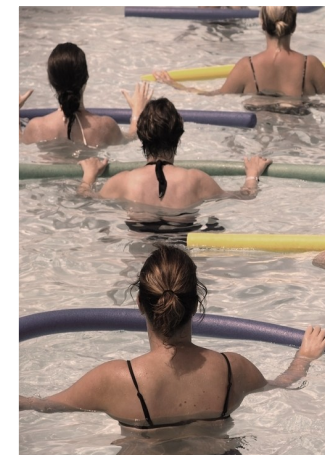
1 Rotarv Ave. Bunburv WA

[www.southwestsportscentre.com.au](http://www.southwestsportscentre.com.au)



South West Sports Centre

*"Part of Your Everyday"*



## Group Fitness Timetable



**Updated - effective 24th Nov 2010**

**9795 2222**

[www.southwestsportscentre.com.au](http://www.southwestsportscentre.com.au)

## GROUP FITNESS TIMETABLE

### GROUP FITNESS STUDIO

	MON	TUES	WED	THUR	FRI	SAT
6.00am	ZUMBA	BODYPUMP	BODYSTEP	BODYPUMP	YOGA - Ashtanga	
8.00am			ACTIVE MOVES		ACTIVE MOVES	
8.30am						BODYPUMP
9.30am	BODYPUMP	BODYCOMBAT	BODYPUMP	ZUMBA	BODYPUMP	BODYPUMP
		* WOMEN'S PRIME TIME CIRCUIT		* MEN'S PRIME TIME CIRCUIT		
10.30am	BODYBALANCE	BODYPUMP	BODYSTEP	BODYBALANCE	BODYPUMP	BODYBALANCE
5.00pm (45 mins)	BODYPUMP	BODYSTEP	ZUMBA			
5.45pm	BODYPUMP	* YOGA - Hatha	BODYATTACK	BODYPUMP	BODYCOMBAT	
		BODYCOMBAT				
6.45pm	BODYPUMP	BODYBALANCE	BODYPUMP	BODYBALANCE		

\* Classes held in Fit for Life Suite

### RPM STUDIO - Rpm is a FULL MEMBER'S only program

	MON	TUES	WED	THUR	FRI	SAT
6.00 am	RPM	RPM	RPM 60 mins	RPM	RPM	
8.15am						RPM
9.30am		RPM		RPM	RPM	
6.00pm	RPM 60 mins	RPM	RPM 60 mins		Unless indicated, classes are 50 minutes duration	

### FIT FOR LIFE SUITE (Ground floor near squash courts)

	MON	TUES	WED	THUR	FRI	SAT
6.00 am	CORPORATE CIRCUIT	Available for Private Group Training	CORPORATE CIRCUIT	Available for Private Group Training	CORPORATE CIRCUIT	
10.30am	HEARTMOVES		HEARTMOVES		HEARTMOVES	
4.15pm	TEEN TONE	TEEN FLEX	TEEN TONE	TEEN FLEX		

- Teen Tone & Teen Flex are pay-by-the-term programs

### AQUA

	MON	TUES	WED	THUR	FRI	SAT
9.00am	AQUARIANS	AQUA INTERVAL	DWR	AQUARIANS	AQUA INTERVAL	
6.15pm	AQUA INTERVAL		AQUA INTERVAL			