

GEOGRAPHE LEISURE CENTRE

GROUP FITNESS

TIMETABLE

BODYCOMBAT

Empowering cardio workout with combat moves

BODYPUMP

The original barbell class that strengthens and tones your entire body.

BODYSTEP

Energising step workout, that makes you feel liberated and alive.

RPM/SPIN

RPM - Pre-choreographed indoor cycling class.
Cycle - Instructor created indoor cycle session.

FIT HIIT

Fit HIIT is the GLC's own brand of functional training intervals. It is a cardio and/or resistance training that focuses on the total body exercises with a strong emphasis on agility and core workouts. It will typically involve a whole body dynamic warm-up, technique correction and a high intensity workout followed by correctional stretching. It is adaptable for various fitness abilities.

AQUAZUMBA

Everything you love about Zumba without stress on the joints. A fun class for all, no matter your size or fitness level. Join the party in the pool.

AQUAFIT/LIFESTYLE

Working in shallow water this fun energetic session will help improve your fitness levels and muscle strength, using the natural resistance of the water.

AQUALEANS

A light paced aqua aerobics class, conducted in both shallow and deep water.

SWIM FIT

SwimFit is a great aerobic workout without the load on your joints, with the added resistance of the water, where you will also receive assistance on the correct technique from a qualified swim Coach. Range of skill levels catered for, however ability to swim at least 50m of freestyle, breast stroke and back stroke is a prerequisite. Swim goggles, cap and fins/flippers recommended

YOGA

Yoga is the physical, mental and spiritual practice which aims at transforming body and mind. It promotes greater joint stability and muscle awareness, connecting the breath to movement, strengthening and lengthening the whole body while enhancing internal awareness.

Yoga Descriptions (dependent on instructor)

Yin yoga - Passive floor based practice. Poses are held for 3 to 5 minutes to target the deep connective tissue. Also believed to clear energy blockages in the body.

Hatha Vinyasa - Flow class that incorporates physical postures, breathing techniques and meditation

LIFESTYLE GROUP CIRCUIT

Group Sessions lead by Personal Trainer, that specialises in training senior and referred clients. The session will be suitable for clients over 55 years, and referred clients with low to moderate health issues. All exercises will offer variations and suitable progressions and regressions will be provide for clients with varying needs.

PILATES

A strengthening and lengthening form of exercise that focuses on your core (trunk) muscles while also training your arms and legs.

ZUMBA GOLD

Is a fitness program that consists of cardio and Latin-inspired dance for the active older adults.

BOXING

Conditioning your body, partnering up with pads and gloves, this class works on improving core strength, endurance, speed, power and co-ordination. A class to get your heart pumping



Scan to download MyWellness App

MONDAY to FRIDAY
5.30AM - 8.00PM

SATURDAY
7.00AM - 4.00PM

SUNDAY
8.00AM - 4.00PM

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GROUP FITNESS TIMETABLE

EFFECTIVE 17TH JULY- 10 SEPTEMBER 2023

GLC Full and Group Fitness Members Only

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45AM	FIT HIIT ⁴⁵	LES MILLS ⁴⁵ RPM SPIN	LES MILLS ⁶⁰ BODY PUMP	LES MILLS ⁴⁵ RPM SPIN	FIT HIIT ⁴⁵		
7:30AM						LES MILLS ⁴⁵ BODYCOMBAT	
8:00 AM	 ⁵⁰		LIFESTYLE ⁵⁰ GROUP CIRCUIT	YOGA ⁶⁰	LIFESTYLE ⁵⁰ GROUP CIRCUIT		
8:15AM							LES MILLS ⁶⁰ BODY PUMP
8:30 AM						LES MILLS ⁴⁵ RPM SPIN	
9:10AM	LES MILLS ⁴⁵ BODY PUMP	FIT HIIT ⁴⁵	LES MILLS ⁴⁵ BODYSTEP	FIT HIIT ⁴⁵	LES MILLS ⁴⁵ BODY PUMP		
9:15AM		LES MILLS ⁴⁵ RPM SPIN					
9:20AM							YOGA ⁶⁰
10:05AM	YOGA ⁶⁰	YOGA ⁶⁰	YOGA ⁶⁰	PILATES ⁴⁵	YOGA ⁶⁰		
4:30PM		PILATES ⁴⁵	BOXING ⁴⁵				
5:30PM	LES MILLS ⁴⁵ BODYSTEP	LES MILLS ⁴⁵ BODY PUMP		LES MILLS ⁴⁵ BODYCOMBAT			
5.30PM	LES MILLS ⁴⁵ RPM SPIN		LES MILLS ⁴⁵ RPM SPIN		LES MILLS ⁴⁵ RPM SPIN		
6:20PM				YOGA ⁶⁰			

*CLASS TIMETABLE SUBJECT TO CHANGE.

Please make sure you arrive at each class at least 5 minutes before the starting time. Instructors will not allow entry to any latecomers. This helps to ensure all classes continue to run on time and don't impact later sessions.

AQUATIC FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Swim Fit ⁶⁰		Swim Fit ⁶⁰		Swim Fit ⁶⁰		
8:00AM		AQUAFIT ⁵⁰	AQUALEANS ⁵⁰	AQUAFIT ⁵⁰	AQUAFIT ⁵⁰		
9:00AM	AquaZumba ⁵⁰	LIFESTYLE ⁵⁰ AQUAFIT	AquaZumba ⁵⁰	LIFESTYLE ⁵⁰ AQUAFIT			

We ask all attendees to bring towels to each class and to wipe down equipment using provided sanitisation products after use.