



GROUP FITNESS

TIME TABLE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--------|----------|-------------|------------|-------------|----------|
| 8.15am | | | | | | Combo |
| 9.30am | Aqua | | Aqua | NEW | Fitball | Aqua |
| 10.30am | | GenEx | | | Aqua Tabata | |
| 11.30am | | Aqua | | Aqua | | |
| 5.30pm | | Powerbar | | Boxfit | | |
| 6.00pm | | | Pilates | | | |
| 7.05pm | Aqua | Aqua | Aqua Tabata | Aqua | | |

Aqua

This fabulous, simple to follow aqua program is a low impact, total body workout. Includes toning with the aqua dumbbells and noodles. Suitable for all fitness levels!

Aqua Tabata

Aqua Tabata is a HITT (High Intensity Interval Training) class designed for the water. Participants use maximal effort for 20 seconds, recover for 10 seconds for 8 rounds of work. Aquatic dumbbells are used for weight resistance along with the interval training. This class is very much a work at your own maximum, so all levels can benefit.

GenEx

A low impact / gentle exercise aerobics class for pregnant, rehabilitating and senior participants. Or for those just getting started.

Pilates

Complete mind & body conditioning class focussing on strengthening the inner core and abdominal muscles closest to the spine which support body balance and alignment. Along with correct breathing and stretching in meditative, flowing sequences, leaves you revitalised and relaxed. This class is held in the Leisure Garden and is suitable for everyone.

Powerbar

Is a non-impact program designed to give your body a complete workout using barbells and weights to the latest music. Most of all it develops strength and muscular endurance. A great class for all levels of fitness.

Boxfit

This is the ultimate full-body workout designed to get your heart and lungs pumping! A fun boxing circuit class with a combination of aerobic fitness using focus mitts and partner exercises to assist with increasing strength, agility and hand-eye coordination.

Combo

'Bring it on' A hip circuit program with plenty of cool stations, including cardio and resistance training. Feel the calories burn! Suitable for everybody.

Fitball

A core strengthening class designed to improve range of motion, strength, stability co-ordination and balance. Fitball provides an excellent workout which will result in a stronger core, improved posture and better body alignment. Great class for all fitness levels

Bootcamp

For the more seasoned trainer, Bootcamp is offered in six suffering Saturday sessions per term. This intense total-body workout is held outside in Popondetta Park, on the front lawn of ELC. Not for the faint hearted. Please report to reception for enlistment dates.

Please note that classes and instructors may change without notice.

*Aqua, Aqua Tabata, GenEx and Fitball classes are all 45 minutes in duration, with all other classes 1 hour in duration. This time table can be downloaded from our website- details below.

Aqua Boxfit Combo Powerbar Bootcamp GenEx



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