

East Coast Bays Leisure Centre group fitness timetable

Group Fitness: Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6.00am	BODYPUMP®	RPM®	BODYSTEP®	RPM®	BODYPUMP®	8.15am	BODYPUMP®
9.15am	BODYATTACK®	BODYSTEP®	BODYBALANCE®	BODYPUMP®	BODYATTACK®	9.15am	BODYSTEP®
10.15am	BODYPUMP®				BODYPUMP®	10.15am	BODYBALANCE®
10.30am		ACTIVE MOVEMENT*		ACTIVE MOVEMENT*			
5.15pm		BODYPUMP®45	BODYPUMP®				
6.15pm	BODYATTACK®	BODYBALANCE®	BODYATTACK®	SH'BAM™			

Group Fitness: Stadium

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
10.30am					STRETCH & FLEX*	8am	RPM®
11.15am	STRETCH & FLEX*						

CLASS DESCRIPTIONS

ACTIVE MOVEMENT* (45mins)

Enjoy a low-impact, gentle and mobility-focussed class that works out your whole body. Active Movement is ideal for seniors of all levels and abilities, including those recovering from injury.

LES MILLS BODYATTACK® (55mins)

Combining athletic aerobic movements with strengthening and stabilising exercises, this high energy, sports-inspired cardio workout builds strength and stamina.

LES MILLS BODYBALANCE® (55mins)

The yoga, Tai Chi and Pilates workout that builds flexibility features relaxation and meditation to leave you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches and poses to music bring the body into a state of harmony and balance.

LES MILLS BODYPUMP® (45 or 55mins)

Challenge yourself with the original barbell workout that strengthens and tones your body. This addictive workout targets all your major muscle groups by using the best weight room exercise such as squats, presses, lifts and curls with the latest chart-topping music. Express and full-length classes.

LES MILLS BODYSTEP® (55mins)

The energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step, you get huge motivation from sing-along music and approachable instructors.

LES MILLS RPM® (50mins)

The indoor cycling workout where you ride to the rhythm of powerful music to calorie-burning endorphin highs. You'll enjoy the calorie-killing benefits of interval training as you take on the terrain, riding through hills, mountain peaks and time trials.

LES MILLS SH'BAM™ (45mins)

Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let our your inner star - even if you're dance challenged! Set to a sound track of chart-topping popular dance hits and modernised Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise.

STRETCH & FLEX* (45mins)

Be guided through effective stretches leaving you feel lengthened and relieved of tension, this gentle exercise stretch class is suitable for all ages. Designed to relax, revitalise and strengthen stiff lower backs, tight hips, tense necks and shoulders and improve all-round flexibility.

