

Lloyd Elsmore Park Pool and Leisure Centre group fitness timetable

Group Fitness: Lloyd Elsmore Studio 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6am	BODYPUMP®45				BODYPUMP®45	8am	BODYCOMBAT®
9.15am	BODYBALANCE®	BODYSTEP®	BODYPUMP®	BODYCOMBAT®	BODYBALANCE®	9am	BODYPUMP®45
10.15am	BODYPUMP®45	BODYBALANCE®	BODYBALANCE®			10am	BODYBALANCE®
5pm	BODYCOMBAT®45	BODYPUMP®45	BODYBALANCE®45	BODYSTEP®45		Time	Sunday
5.45pm	BODYATTACK®45	BODYCOMBAT®45	BODYPUMP®45	BODYPUMP®45	BODYPUMP®45	9am	BODYPUMP®30
6.30pm	BODYPUMP®	CXWORX™	BODYBALANCE®	BODYCOMBAT®		9.30am	CXWORX™

Group Fitness: Lloyd Elsmore Studio 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6am		RPM®		RPM®		8am	RPM®
6pm	RPM®	RPM®	RPM®				

Aqua Classes: Lloyd Elsmore Pools

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
9am	AQUAWORKS™ SHALLOW		AQUAWORKS™ HIIT		AQUAWORKS™ SHALLOW	9am	AQUAWORKS™ SHALLOW
9.15am		AQUAWORKS™ DEEP					
6pm	AQUAWORKS™ SHALLOW	AQUAWORKS™ HIIT	AQUAWORKS™ SHALLOW				

CLASS DESCRIPTIONS

LES MILLS BODYPUMP® (30, 45 or 55mins)

The original barbell class that strengthens and tones your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Ten tracks of great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Express, mid-length and full-length classes.

LES MILLS RPM® (45 or 50mins)

The indoor cycling workout where you ride to the rhythm of powerful music. You'll enjoy the calorie-killing benefits of interval training as you take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

LES MILLS BODYATTACK® (45mins)

The sports-inspired cardio workout for building strength and stamina. Combining athletic aerobic movements with strength and stabilisation exercises, this high-energy interval-training class features 11 tracks and two cardio peaks. Whether you're the weekend athlete or the hardcore competitor, the dynamic instructors and powerful music will motivate you to achieve your fitness goals.

LES MILLS BODYCOMBAT® (45 or 55mins)

The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. Supported by driving music and powerful instructors, you'll strike, punch, kick and kata your way through calories to superior cardio fitness.

LES MILLS BODYBALANCE® (55mins)

The Yoga, Tai Chi and Pilates workout that builds flexibility and features 10 minutes of relaxation and meditation to leave you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

LES MILLS BODYSTEP® (45 or 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 CXWORX™ (30mins)

Short, sharp workout designed to strengthen your core. Ideal for tightening your tummy and butt and improving functional strength.

AQUAWORKS™ DEEP (45mins)

This aqua class is guaranteed to activate each muscle in your body – and some you didn't know you had. It uses a range of water equipment for total body conditioning.

AQUAWORKS™ SHALLOW (45mins)

Move your aerobic workout into the pool! Aqua aerobics uses the natural resistance of the water to give you an intense workout – while still being gentle on your joints.

AQUAWORKS™ HIIT (45mins)

Bring your energy to this workout! This high intensity interval training class is designed with timed intervals to blast your muscles, burn calories and increase your cardio output.