

# SUTHERLAND LEISURE CENTRE

## Group fitness and aqua timetable

Monday 27<sup>th</sup> February - Sunday 1<sup>st</sup> April 2012

Week 1: 27/02/12 – 04/03/12  
 Week 2: 05/03/12 – 11/03/12  
 Week 3: 12/03/12 – 18/03/12  
 Week 4: 19/03/12 – 25/03/12  
 Week 5: 26/03/12 – 01/04/12

90 Minute Circuit Challenge – Sunday 4<sup>th</sup> March (week 1) @ 7.30am. Seniors week 19<sup>th</sup> March – 25<sup>th</sup> March: **Free** Gentle Beginners Aerobics Tues 20<sup>th</sup> March 8.30am and **Free** Gentle Aqua Thurs 22<sup>nd</sup> March 10.30am. Seniors morning tea Thurs 22<sup>nd</sup> March @ 11.30am. Les Mills launches Sat 31<sup>st</sup> March & Sun 1<sup>st</sup> April, see posters for class times.

All classes 55 minutes EXCEPT those shaded grey  which are 45 minutes

	AEROBIC									
	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun	
AEROBIC	6:00am	<b>Body Attack</b> Alex 1,4 Rachel 2 Karen 3,5	<b>PUMP</b> Therese	Power Hour Karen 1,4 Alex 2,3,5	<b>BOXING</b> Pam	<b>PUMP</b> Deb R	7.00am	<u>Yoga</u> LJ 1 Megan 2,3,4,5		
	8.15am	<b>Body Balance</b> Judy	<b>MASTERS PUMP</b> Sharon 1,2,3,4 Deb R 5	<b>Low Impact</b> Sharon 1,2,4 Romolo 3 Jen C 5	<b>BODY STEP</b> Carmen	<b>ZUMBA</b> Liz 1,2,3,5 Brigid 4	8.30am	HiLo Erin 1,3,4 Liz 2,5	<b>Body Attack</b> Alex 1,3,4,5 Karen 2	
	9:15am	Power Hour Geri & Pam	<b>BODY STEP</b> Christine	<b>Body Attack</b> Rachel	<b>PUMP</b> Julie G	HiLo Liz 1,2 Romolo 3,5 Alex 4	9.30am	<b>PUMP</b> Alex	<b>Body Combat</b> Barbara 1,3,5 Eva 2,4	
	10:15am	<b>BODY STEP</b> Geri	<b>PUMP</b> Christine	<b>Body Balance</b> LJ	<b>ZUMBA</b> Brigid	<b>PUMP</b> Geri	10.30am	<b>BODY STEP</b> Natalie		
	11.15am		<b>Body Balance</b> Deb R		<b>Body Balance</b> Emma W					
	12:15pm	<b>PUMP</b> Geri	<b>PILATES</b> Judy	<b>PUMP</b> Deb R		<b>Body Balance</b> Judy				
		<b>2.15pm M.I.T</b> Deb R 1,2,4 Megan 3,5					4.00pm		<b>PUMP Tech</b>	
	4:30pm	<b>PUMP</b> Therese	<b>Body Attack</b> Alex	<b>BODY STEP</b> Linda 1,2,5 Mel 3,4	Power Hour Rachel	<b>PUMP</b> Sharon 1,2,3,4 Nick 5	4.30pm	<b>ZUMBA</b> Brigid 1 Keoni 2,3 Julie BP 4 Liz 5	<b>PUMP</b> Jac	
	5:30pm	HiLo Ben 1,3 Liz 2,4,5	<b>PUMP</b> Alex	<b>Body Combat</b> Jo	<b>Body Attack</b> Mel	<b>ZUMBA</b> Keoni	5.30pm	<b>Body Balance</b> Judy 1,2 LJ 3 Jen C 4,5	<b>Body Balance</b> Jac	
	6:30pm	<b>Body Combat</b> Angela M	<b>ZUMBA</b> Keoni	<b>Body Attack</b> Barbara	<b>PUMP</b> Mel	<b>Body Balance</b> LJ				
7:30pm	<u>Yoga</u> LJ	<b>Body Balance</b> Emma W	<b>PUMP</b> Angela M 1,2,4,5 Therese 3	<b>PILATES</b> LJ						
SPIN	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun	
	5.45am/ 6.00am	<b>5.45am</b> Deb R	<b>6am</b> F/S or RPM Karen	<b>5.45am</b> F/S or RPM Nick	<b>6am</b> F/S or RPM Emma H 1,2,3,4 Christie 5	<b>5.45am</b> F/S or RPM Karen 1 Therese 2,3,4,5	7.15am	F/S or RPM 1 HR Emma W		
	8.15am	Gentle freestyle Ruth				Gentle freestyle Raelene	8.15am		F/S or RPM 1 HR Barbara 1,2,3,5 Karen 4	
	9:15am	F/S or RPM Brigid	RPM Deb R	F/S or RPM Ruth	F/S or RPM Nick	F/S or RPM Emma W	9.15am	F/S or RPM Rhonda		
	10:15am	F/S or RPM Emma W		F/S or RPM Lachlan 1 Christie 2,3,4,5						
	11.15am		F/S or RPM Geri							
	12:15pm					<b>30 min F/S</b> Nick				
	4.15pm	F/S or RPM Sharon 1,2,3,4 Rhonda 5		F/S or RPM Rachel		F/S or RPM Lisa	4.15pm	F/S or RPM Linda 1,5 Mel 2,4 Brigid 3		
5.15pm		F/S or RPM Linda 1,2 Rachel 3,4,5		F/S or RPM Lachlan 1,2,3 Eva 4,5						
6.15pm	RPM Therese	F/S or RPM Mel	F/S or RPM Karen							
7.15pm	F/S or RPM Karen 1,2 Lachlan 3,4,5									

CIRCUIT	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
	6:00am	<i>Yoga</i> LJ 1,2 Megan 3,4,5	Natalie	Therese	Karen	Emma H 1,2,3,4 Natalie 5	7.30am	Ashley	Week 1 90 min challenge Lisa 2,3,4,5
	8:30am	<b>Mid Pace</b> Alex 1,4,5 Debby 2,3	<b>Gentle/Beginners Aerobics</b> Brigid	<b>Light</b> Lisa 1 Christie 2,3,4,5	<b>Fitball Lite</b> Linda 1,2,5 Robyn 3,4	<b>Body Balance Beginner Options</b> Judy 1 Deb R 2,3,4,5	8.30am	<b>Light</b> Natalie	
	9:30am	Julie G	Brigid	Lisa	Linda 1,2,5 Pam 3,4	Ashley	9.30am	Keoni	
	10:30am	<b>Gentle</b> Brigid	<b>Light</b> Emma W	<b>Mid Pace</b> Judy	<b>Light</b> Nel	<b>Mid Pace</b> Jen C 1 Christie 2,3,4,5			
	11:30am					<b>Gentle</b> Jen C 1 Christie 2,3,4,5			
	12:15pm				<b>NEW</b> 30 min express Julie G				
	2:15pm				<b>M.I.T.</b> Therese 1 LJ 3 Ruth 5				
	4:30pm	Pam	Jo	Ben	Julie BP	Ashley	4.00pm	Ben 1,3,5 Pam 2,4	Keoni 1,2,3,5 Natalie 4
	5:30pm	Pam	Keoni	Alex	Rachel	Ben 1,3,5 Ashley 2,4	5.00pm	<b>Body Balance Technique</b> Judy 1 LJ 3 Jen C 5	
6:30pm	Natalie	Karen	<i>Yoga</i> LJ 1 Megan 2,3,4,5	Amanda					
7:30pm	<b>Fitball</b> Robyn 1,2 Jen C 3,4 Linda 5	Amanda	Barbara						
AQUA	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
	6:00am		<b>Power</b> Alex		<b>Power</b> Maureen		7.00am	<b>Power</b> Barbara	
	8:00am	<b>Senior</b> Brigid	<b>Senior</b> Deb R 1,2,3,4 Ruth 5	<b>Senior</b> Judy	<b>Senior</b> Pam		8.00am	<b>Combo</b> Ruth 1,3,5 Barbara 2,4	<b>Power</b> Anghela B
	8:00am	<b>Deep</b> Pam	<b>Deep</b> Judy	<b>Deep</b> Ruth	<b>Deep</b> Brigid	<b>Deep</b> Alex 1,3,4,5 Judy 2			
	9:30am	<b>Power</b> Ruth	<b>Power</b> Emma W	<b>Interval</b> Alex		<b>Power</b> Alex 1,3,5 Deb R 2,4	9.00am	<b>Deep Athletic</b> Ruth	<b>Deep</b> Ruth 1,5 Anghela B 2,4 Pam 3
	9.30 am	<b>Deep Athletic</b> Nel	<b>Deep</b> Sharon 1,2,3,4 Ruth 5	<b>Deep</b> Jenny H 1,2,5 Irene 3 Pam 4	<b>Deep</b> Nel	<b>Deep Athletic</b> Judy			
	10:30am	<b>Gentle</b> Nel	<b>Gentle</b> Sharon 1,2,3,4 Ruth 5	<b>Gentle</b> Ruth	<b>Gentle</b> Pam	<b>Gentle</b> Judy			
	10.30am	<b>Deep</b> Ruth	<b>Deep Rehab</b> Margaret	<b>Deep</b> Alex		<b>Deep</b> Emma W			
	11.30am	<b>Aqua Rehab</b> Margaret			<b>Aqua Rehab</b> Margaret				
	12.30pm	<b>P.I.C.</b> Margaret							
2.15pm				<b>M.I.T</b> Therese 2 Alex 4					
6.30pm		<b>Power</b> Anghela B	<b>Deep</b> Ashley	<b>Combo</b> LJ					
7.30pm	<b>Power</b> Pam								
BOXN	Weekday	Mon	Tues	Wed	Thur	Fri	Weekend	Sat	Sun
	9:15am		<b>CARDIOBOX</b> Rachelle 1,2,4,5 Ben 3		Brigid		9.30am	<b>CARDIOBOX</b> Nick	
6:30pm	Pam		Alex						

Management reserves the right to change style of class without notice in emergency situations.  
Minimum of 3 participants to hold a timetabled class.

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