

# Leisurelys Class Timetable

Effective from 4 November 2024

	MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7.00AM	AquaFit (45mins)			AquaFit (45mins)			
9.05AM			Pilates (45mins)				
10.15AM			Gym (45mins)		Walkie Talkies (90mins)		
10.30AM	RPM (30mins)	Gym (60mins)				RPM (30mins)	Gym (60mins)
11.00AM			Balance (30mins)				
11.15AM	Stretch (45mins) <i>Good mobility required</i>			Stretch (45mins) <i>Good mobility required</i>		Yoga Stretch (60mins) <i>Good mobility required</i>	
12.30PM					Gym Intro (60mins)		
12.45PM	AquaFit (45mins)			Strength (30mins)			
1.30PM				Pilates (45mins)	Balance (30mins)		

Classes marked **yellow** are open to all members; Leisurelys members can attend these classes with no additional charge.

## T'S & C'S

1. Please don't arrive to class more than 10 minutes before the start time
2. Gym use or classes outside the timetable require a full gym membership
3. Check our website [qldc.govt.nz/leisurelys](http://qldc.govt.nz/leisurelys) for membership options and a full list of rules

Book your induction by contacting:  
E: [leisurelys@qldc.govt.nz](mailto:leisurelys@qldc.govt.nz) | P: 03 450 9005 | W [qldc.govt.nz/recreation](http://qldc.govt.nz/recreation)

# Leisurelys Class Descriptions

<b>AQUAFIT</b>	Add water to your workout with a water-based class especially for active seniors. AquaFit is a great way to improve aerobic fitness and develop strength without the impact, making it easier on muscles and joints.
<b>BALANCE</b>	30-mins of functional stability training using props and exercises to improve your balance and coordination in everyday life.
<b>GYM</b>	Have a go at using our quality gym equipment while working on cardiovascular fitness and strength. We'll show you how the gadgets work if you don't already know.
<b>GYM INTRO</b>	This class is for new members of the gym or those who need a little more assistance. We will introduce you to the equipment and set you up with your own programme so you are confident in attending our regular sessions.
<b>PILATES</b>	One of the best forms of exercise for overall conditioning, toning and relaxation. Designed to help build flexibility, strength, endurance and coordination while strengthening your core and torso, and increasing circulation.
<b>RPM</b>	RPM is an indoor cycling workout, where you ride to the rhythm of music. Take on the terrain as your inspiring coach leads you through different tracks.
<b>STRENGTH</b>	This 30min class will help you build strong muscles and bones through resistance training. Using a mixture of free weights, bands and body weight exercises, our instructors will guide you and help you master the correct technique.
<b>STRETCH</b>	Gently stretch the muscles you didn't know you had. Our stretch classes help increase flexibility, reduce injury and improve mobility. Ask an instructor if this class is suitable for you as it requires greater mobility.
<b>WALKIE TALKIES</b>	Meet at the Frankton Beach by the BBQ area to join us on a walk to the Hilton and return. We will provide a guest speaker or new topic of discussion each week. This class only operates in the warmer months.