

# GROUP FITNESS TIMETABLE

| CLASS                                                                                                                  | DESCRIPTION                                                                                        | DURATION   | INTENSITY        | EQUIPMENT    | RESULT                                                                                              |
|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|------------|------------------|--------------|-----------------------------------------------------------------------------------------------------|
|  <b>Better Balance</b> <sup>A</sup>   | Improve your balance and coordination through various exercises in our Better Balance sessions.    | 45 Minutes | Low to moderate  | Various      | Increases core strength, improves coordination and balance.                                         |
|  <b>Flex &amp; Bend</b> <sup>A</sup>   | Strengthen and stretch in this class combining breath, balance, body weight moves and flexibility. | 45 Minutes | Low to moderate  | BYO Yoga mat | Improves flexibility and strength while enhancing well being.                                       |
|  <b>Strength for Life</b> <sup>A</sup> | Supervised strength and balance training. Promoting health and well being for adults over 50.      | 60 Minutes | Low to moderate  | Various      | Enhance adults over 50's ability to undertake activities of daily living and maintain independence. |
|  <b>Aqua Fit</b> <sup>A</sup>          | Water resistance training; low-impact aerobic exercise.                                            | 45 Minutes | Moderate         | Various      | Improves cardio endurance, flexibility and strength.                                                |
|  <b>BOOT</b>                         | BOOT is a high intensity cardio class, designed to improve strength and conditioning.              | 45 Minutes | Moderate to high | Various      | Cardiovascular endurance.                                                                           |
|  <b>IMPACT</b> <sup>45</sup>         | Functional training workout; team coached training for ultimate results.                           | 45 Minutes | High             | Various      | Increased strength and endurance, tones and shapes.                                                 |



# GROUP FITNESS TIMETABLE

| TIME    | MONDAY                                                                              | TUESDAY                                                                             | WEDNESDAY                                                                         | THURSDAY                                                                             | FRIDAY                                                                              |
|---------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 6:15am  |                                                                                     |    |  |    |  |
| 8:00am  |    |    |  |    |  |
| 9:00am  |    |    |  |    |  |
|         |    |                                                                                     |                                                                                   |                                                                                      |  |
| 10:00am |  |  |                                                                                   |  |                                                                                     |
| 5:30pm  |                                                                                     |                                                                                     |                                                                                   |  |                                                                                     |

## PARTICIPATION REQUIREMENTS

Bring a towel and drink bottle to all classes.

### ACTIVE ADULTS 60Y+. KEY:

Active Adults members have access to Aqua Fit, Better Balance, Flex and Bend, and Strength For Life.

### ACTIVE YOUTH 10Y-15Y

Gym and Group Fitness classes restricted to 10Y+ (requires mandatory initial gym orientation, and excludes Boot, and Pilates).

## OPENING HOURS

Monday to Friday | 6am - 8pm

Saturday | 8am - 4pm

Sunday | 9am - 4pm

Easter Monday | 10am - 3pm

Boxing Day | 10am - 3pm

Australia Day | 10am - 3pm

*Closed all other public holidays*

## CONTACT US

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## SAFETY MEASURES

- Please book your group fitness online to avoid queueing at Customer Service and disappointment in case your desired class reaches occupancy.
- A towel and your own water are required (no exceptions).
- You MUST bring your own equipment (yoga mats, boxing glove inners, etc).
- Sanitise and wipe down equipment before and after use.



Book your class via our YMCA South Australia app, available on iOS App Store and Google Play Store.