

# Bridgetown Leisure Centre

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Bridgetown-Greenbushes



## GROUP FITNESS TIMETABLE

Effective from 7<sup>th</sup> November 2016

GROUP FITNESS	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend Hours	Saturday
8.00AM							
9.00AM							 VIDEO FORMAT
10.05AM							
10.30AM							
11.45AM							
1.00PM							
5.00PM							
5.30PM				 VIDEO FORMAT			
6:35 PM							

### OPENING HOURS

Monday-Thursday 6.00am - 8.30pm

Friday 6.00am – 6.00pm

Saturday & Sunday 8.00am – 6.00pm

Corner Gifford Rd and Steere St, Bridgetown WA 6255.  
Phone 9761 2966. email [recreation@bridgetown.wa.gov.au](mailto:recreation@bridgetown.wa.gov.au)



**WHY BODYPUMP®?**

Men: Do traditional weights to get strong, do BODYPUMP® to get ripped! Instead of running on a treadmill for cardio where you may burn muscle mass as fuel, you can boost your heart rate in BODYPUMP® by doing lighter weights and higher reps. That way you can burn fat and even build upon your muscle mass for that ripped look you're after.

Women: The fastest way for you to lose weight and tone up is by incorporating full body weights to your routine. You can start off light, focusing on technique, then build up your strength as you go. The best part is by increasing your lean muscle mass you will increase your Basal Metabolic Rate (BMR) meaning you will burn more calories on the days you DON'T train. Doesn't that sound great?

**WHAT IS BODYPUMP®**

This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results you came for - and fast!



**WHY WAR**

Get ready to win the battle with this class that improves your fitness and strength.

**WHAT IS WAR?**

War is a total body workout where a fusion of martial arts meets chart topping music. This class will have you punching, blocking, upper cutting, jabbing ducking and weaving like a pro.



**WHY BODYBALANCE® ?**

BODYBALANCE® is essential for anyone looking to lose weight, de-stress, tone muscles, and prevent injury, this type of exercise helps you enjoy your current fitness routines for longer.

**WHAT IS BODYBALANCE®?**

BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves 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.



**WHY BODYSTEP®?**

Looking to lose body fat? Looking to tighten and tone your legs and butt? BODYSTEP® is the ultimate leg and butt workout by incorporating interval training, upper and lower body circuit training, and high energy cardio. The best part about it is it's motivating and fun! Get real results, fast!

**WHAT IS BODYSTEP®?**

BODYSTEP™ is the energizing 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-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.



**WHY ZUMBA®?** Zumba is a fun way to keep fit and its been proven that dancing keeps you young.

**WHAT IS ZUMBA?** Zumba is a lively and exciting dance program that makes it feel like you are not even exercising. It is a fun and effective workout for your whole body that burns calories and improves your fitness through the joy of dance.



**WHY YOGA ?** The short answer is that yoga makes you feel better. Practicing the postures, breathing exercises and meditation makes you healthier in body, mind and spirit. Yoga lets you tune in, chill out, shape up all at the same time.

**WHAT IS HATHA YOGA?** Hatha Yoga postures stretch and align the body, promoting balance and flexibility, introduces breathing techniques and helps you to discover meditation. This class is highly suitable for all levels.



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**WHAT IS DRU YOGA?** Dru Yoga is a graceful and potent form of Yoga based on soft flowing movements. This class is presented by video format and at a discounted cost of only \$6.50.



**WHY LIVING LONGER LIVING STRONGER™?** Living Longer Living Stronger™ is a program that aims to reduce the risk and number of falls in those over 50. It is an evidence based program that encourages and supports change in the health and fitness sectors to achieve improved health, quality of life and fitness for people aged over 50 years.

**WHAT IS LIVING LONGER LIVING STRONGER™?** This is a fully supervised strength training program for over 50's. Registrations are essential. Please speak to our friendly staff for further information.



**WHY AQUA SPLASH?** This is a fun way to improve your fitness, strengthen your muscles and improve your muscle tone. Excellent for all levels of fitness.

**WHAT IS AQUA SPLASH?** Aqua Splash a fun fitness program done in the pool. Aqua classes offer the support of the water which offers great protection for your joints while exercising. Give it a go.