



Group Fitness

Saturday 31st October to Friday 27th November 2009

	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday
6:05am	9:20am Sat. ONLY	Body Pump		Boxing X-change		Body Pump
7:00am		Gabrielle		Doug		Gabrielle
9:30am	Body Pump	Body Pump	Boxing X-change	Body Pump	Body Combat	Body Pump
10:30am	Sandra	Gabrielle	Doug	Gabrielle	Maria	Maria
10:30am	Combat	Extreme X-change	Polarity	Pilates	Body Pump	Combat
11:30am	Sandra	Melissa	Melissa	Alma	Maria	Melissa
10:30am	In the Function Room					Gen X
11:30am						Karen
11:30am	Pilates					
12:30pm	Alma					
5:30pm		Body Pump	Circuit X-Change	Body Combat	Polarity	
6:30pm		Maria	Adam	Alma	Renee	
6:30pm		Combat	Body Pump	Pilates	Body Pump	
7:30pm		Melissa	Maria	Alma	Alison	
7:30pm		Polarity	Body Combat	Circuit X-Change	Boxing X-Change	
8:30pm		Amanda	Maria	Doug	Amanda	
8:05pm	In the Function Room		Boxing X-Change			
9:00pm			Adam			

*Group Fitness class descriptions are listed over the page.
Please note that classes and instructors may change without notice.*

Blacktown City Council



Blacktown Leisure Centre Stanhope
Cnr Stanhope Parkway & Sentry Dr, Stanhope Gardens
www.blcs.blacktown.nsw.gov.au • 9421 2600

Group Fitness Class Descriptions

- **Body Combat:** 'Anything more intense would have a rip cord!' This exciting program combines a selection of martial arts including boxing, karate and tae kwon do with a focus on training the whole body with a focus on endurance and strength, flexibility and agility. Suitable for everyone!
- **Body Pump:** 'The fastest way in the universe to change your body shape!' Pump is a non-impact program designed to give your body a complete workout using barbells and weights to the latest music. Most of all it develops strength and muscular endurance. Suitable for everyone!
- **Boxing X-Change:** 'This is the ultimate full-body workout!' A fun boxing circuit class combining aerobic fitness with coordination using focus mitts and partner exercises.
- **Polarity:** 'Engage your Forces'. Experience the coolest toning program around! See the results as you condition the abs, arms, legs and butt! Suitable for everyone!
- **Pilates:** 'Ultimate Body Conditioning'. Imagine a lifestyle program that engages you and leaves you refreshed and alert with a feeling of physical and mental wellness. Pilates is a series of controlled movements engaging your body and mind. Suitable for everyone!
- **Extreme X-Change:** High cardio and intense strength training circuit. Dare to step out of your comfort zone!
- **Circuit X-Change:** 'Bring it on!' A hip circuit program with plenty of cool stations, including cardio and resistance training. Feel the calories burn! Suitable for everybody.
- **Gen-X:** A low impact / gentle exercise aerobic class for pregnant, rehabilitating and seniors.

Etiquette

- Please arrive on time, no admittance will be allowed after class commences.
- Class cards will be issued by front desk staff. Please keep the card until it is requested by the instructor.
- Please be sure to bring a towel & water bottle to class.
- Classes and Instructors may change at short notice.
- Please inform instructor of any injuries, health problems, pregnancy or special needs.
- Participants in Group Fitness and Spin classes must be 15 years or over, Aqua classes need to be 12 years or over, unless prior approval given.
- No children/ spectators allowed in Group Fitness or Spin Studios whilst classes are in progress.
- Questions & feedback are always welcome.
- All Fitness Classes run for 55 mins. Spin and Aqua classes run for 45 to 55 minutes.

Sandcastles Crèche

- Sandcastle Crèche times – Mon. to Sat. 9:00am to 12:30pm, Mon., Tues. & Wed., 5:00pm to 8:00pm.
- Minimum age 8 weeks, maximum age 10 years.
- Sandcastles Crèche docket will be issued by Reception staff.
- Please allow time before class to sign & settle children into Sandcastles Crèche.
- Parents will be called to Sandcastles if children become distressed or unwell.

