

PLC Winter/Spring Group Fitness Timetable

Effective Monday 14 August 2023

45 minute class

60 minute class

Group Fitness Timetable

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|---|---|--|---|---|---|--|
| 6.00am | BOOTCAMP Outside/Sports Hall | CYCLE Group Fitness Studio | BODY PUMP Group Fitness Studio | RPM Group Fitness Studio | BOOTCAMP Outside/Sports Hall | | |
| | BODY BALANCE Group Fitness Studio | | | | | | |
| 7.30am | PILATES Group Fitness Studio | | | | PILATES Group Fitness Studio | PILATES Group Fitness Studio | |
| 8.30am | HIIT TONE Group Fitness Studio | BODY PUMP Sports Hall | PILATES Group Fitness Studio | BODY BALANCE Group Fitness Studio | RPM Group Fitness Studio | BODY PUMP Sports Hall | RPM Group Fitness Studio |
| 9.30am | BODY PUMP Sports Hall | BODY COMBAT Sports Hall | BOXING Sports Hall | BODY PUMP Sports Hall | BODY COMBAT Group Fitness Studio | BODY COMBAT Group Fitness Studio | BODY PUMP Group Fitness Studio |
| 9.30am | | | RPM Group Fitness Studio | | | | |
| 10.30am | RPM Group Fitness Studio | BODY BALANCE Group Fitness Studio | YOGA Group Fitness Studio | | | BODY BALANCE Group Fitness Studio | |
| 11.15am | | | | | TAI CHI Group Fitness Studio | | |
| 4.00pm | THE TRIP Group Fitness Studio | THE TRIP Group Fitness Studio | THE TRIP Group Fitness Studio | THE TRIP Group Fitness Studio | | | |
| 5.30pm | BODY COMBAT Group Fitness Studio | BODY PUMP Group Fitness Studio | BODY COMBAT Group Fitness Studio | BODY PUMP Group Fitness Studio | BODY BALANCE Group Fitness Studio | | |
| 6.30pm | BODY PUMP Group Fitness Studio | YOGA Group Fitness Studio | RPM Group Fitness Studio | PILATES Group Fitness Studio | | | |

Les Mills Virtual

Available on demand 24 hours a day, when Group Fitness Studio is not in use

Programs available:



Aqua Fitness + Active Over 50s Timetable

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|---------------------------------------|---------------------------------------|---------------------------------------|---|---------------------------------------|---|--------|
| 7.30am | SENIOR STRENGTH TRAINING Gym Floor | SENIOR STRENGTH TRAINING Gym Floor | SENIOR STRENGTH TRAINING Gym Floor | SENIOR STRENGTH TRAINING Gym Floor | SENIOR STRENGTH TRAINING Gym Floor | | |
| 7.30am | | | | LITE 'N' EASY Program Pool | | | |
| 8.00am | | | | | | AQUA DEEP 50m Pool SWIMFIT Main pool | |
| 8.30am | ACTIVE OVER 50s Sports Hall | | | | | | |
| 10.30am | | | | ACTIVE OVER 50s Group Fitness Studio | | | |
| 12.30pm | LITE 'N' EASY Program Pool | | LITE 'N' EASY Program Pool | | LITE 'N' EASY Program Pool | | |
| 6.30pm | HIGH ENERGY 50m Pool | | | | | | |
| 6.45pm | SWIMFIT Main pool | SWIMFIT Main pool | SWIMFIT Main pool | | | | |

General Class Information

- Bookings are required for group fitness classes. Book online at leisure.centralcoast.nsw.gov.au or in person at reception.
- All classes have a maximum capacity for your safety and enjoyment. Please arrive early to avoid disappointment as for your own safety late admittance is not permitted.
- Closed footwear is required for all classes, except Mind & Body
- All classes are included in your Gold, Gym and Fitness or Fitness Passport membership

Virtual Class Information

Les Mills Virtual delivers group fitness classes using life-size cinematic recordings projected onto the studio wall. Fully integrated with the studio sound system, Les Mills Virtual delivers the best quality virtual fitness classes on the market.

- Virtual classes start exactly on time, so please be set up and ready to commence at the scheduled time
- Please ensure any equipment required is set up prior to the class commencing, as there is no time to do this once the class has started.
- A towel is required for all Virtual classes
- Virtual classes cannot be paused or skipped.
- The sound level set for Virtual classes cannot be changed
- Please ensure you only participate in Virtual classes within your ability level and stop immediately if you feel unwell
- Please take time to adequately warm up and cool down/stretch before and after Virtual classes
- Please advise staff of any technical difficulties experienced during your Virtual class.
- Need extra motivation? Virtual classes are great to complete with a friend



Book your next
group fitness class
online

Central
Coast
Council

Peninsula
Leisure Centre