










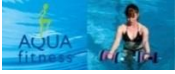














# GROUP FITNESS TIMETABLE



95478 AQJ

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00	 Johanna		 Johanna		 Johanna
9:30	 Narelle	 Brendan	 Lynette	 Brendan	 Narelle
9:30					 Lynette
3:30	 Brendan			 Brendan	
5:30	 Nikki				
6:00	 Lynette	 Johanna	 Narelle	 Johanna	

## Class Descriptions

	Everything we do in RIP is functional to prepare you for your everyday routine		Functional fitness at its finest. High intensity, constantly varied fitness for 12-17 year olds.
	The hottest MMA-based kickboxing class. This translates into increased cardiovascular fitness		The push and pull of the water allows both increased muscle training and a built-in safety barrier for joints
	Step is warfare on your fat! Your heart thumps, your feet jump, and your body will be pumped		Circuit training is a fast-paced class in which you increases your strength and aerobic
	Learn dynamic offensive and defensive maneuvers.		Strength, cardio, muscle endurance, flexibility, core, Bootcamp is now a class! and functional

Correct as at 28th January 2015



**Narrogin Regional Leisure Centre**

50 Clayton Road, Narrogin 6312 Ph: 9881 2651

E: narrogin@ymca.org.au [www.narrogin.ymca.org.au](http://www.narrogin.ymca.org.au)

