

Narrogin Regional Leisure Centre

Group Fitness

Term 2 2024

Commencing 15th April

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.05am	LES MILLS GRIT 30' SHERRIE	<i>Konga</i> 45' SHARON	LES MILLS sprint 30' SHERRIE	LES MILLS BODYPUMP 45' ELLEN	LES MILLS sprint 30' ELLEN	
8.05am						LES MILLS RPM 45' SHERRIE
8.40am	 TEIR 3	 55' NARELLE			 TEIR 3	
9:00am			SENIORS GYM FIT 55' KYLIE	 55' SHERRIE		
9.05am	getlow <i>Konga</i> 45' KYLIE	POWERFIT 45'	FUNCTIONAL FITNESS 45' RACHEL	LES MILLS BODYBALANCE 55' KYLIE	SUPER SENIORS 55' KYLIE	
9.05am					AQUA 45' SHERRIE	
5.30PM	LES MILLS BODYPUMP 55' SHERRIE	PUNCHFIT 55' NARELLE	LES MILLS BODYBALANCE 55' SHARON	<i>Konga</i> 55' SHARON		
5.30pm	LES MILLS sprint 30' ELLEN			LES MILLS sprint 30' ELLEN		
6.00PM		LES MILLS GRIT 30' SHERRIE				

*Terms and conditions apply. See in-center for details.

NARROGIN REGIONAL LEISURE CENTRE

50 Clayton Road, Narrogin WA 6312

P: (08) 9882 2651 E: nrlc@narrogin.wa.gov.au



The Shire of Narrogin



[shire_of_narrogin](https://www.instagram.com/shire_of_narrogin)



Narrogin Regional Leisure Centre

Group Fitness Timetable

CLASS	Description
LES MILLS BODYPUMP	Ideal Workout for everyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetition. Gives you a total body workout.
LES MILLS GRIT	Grit is a 30 min High Intensity Interval Training (HIIT) workout. Designed to improve strength, cardiovascular fitness and build lean muscle. Mixing it up with Grit Strength, Grit Cardio and Grit Athletic.
LES MILLS RPM	Indoor cycling workout where you can control the intensity. Great music pumping to take you through a journey of hill climbs, flat roads and sprints to spike the heart rate. A great low impact class that suits all fitness levels.
LES MILLS sprint	Sprint is a 30min High Intensity Interval Training workout using an indoor bike to achieve fast results. Short intense style training. Combining short bursts of intensity where you work as hard as possible with periods of rest that prepare you for the next effort.
<i>Konga</i>	Easy to do, easy to follow mood elevating, high intensity fusion of boxing, cardio, dance and sculpting set to hot beats. All in one workout that will torch calories, tone your body, make your soul smile and inject your body with endorphins overload.
FUNCTIONAL FITNESS	A Fitness Circuit physical training program. These programs are designed to build strength and fitness through a variety of types of exercise. It combines strength and cardio exercises for a full body burn. Get your heart pumping, sweat and challenge your muscles.
LES MILLS BODYBALANCE	Yoga based classes that will improve your mind, body and your life. An inspired soundtrack plays as you send and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.
getlow <i>Konga</i>	A beat-driven low impact workout designed to ignite your mind, move your body and improve your wellbeing. 45 minute low intensity workout uses boxing, dance, dumbbells, light cardio and good music to transform your mind and body. Suitable for all age groups.
PUNCHFIT	Partner up with boxing gloves and pads running through boxing drills and bodyweight exercises adding variety and fun to your workout routine.
AQUA	Aqua is a water based fitness program designed for all fitness levels, and ages. The class focuses on aerobic endurance, resistance training and creating an enjoyable atmosphere.
POWERFIT	A freestyle class that will keep your body guessing. A mixture each week to keep your heart pumping and muscles working. Come along to see what this new class is all about.
 Strength for Life <small>Live longer. live stronger</small>	Individualized strength and resistance exercise program for people over 50. In the gym with one of our qualified trainers. Aiming to improve quality of life and mental health of participants.
SUPER SENIORS	An exercise class designed for persons over 50. Combining light cardio, resistance and functional training in a variety of different combinations. Fun class followed by a cuppa.
SENIORS GYM FIT	A group fitness class designed for over 50. A personalized gym program designed for you to follow in the gym individually, while training with like minded people. Creating a social environment while working on your strength, balance and fitness. Ensure you book in for induction.
 Strength for Life <small>Live longer. live stronger</small> TEIR 3	A individualized gym program for people over 50 to work through in the gym independently. Build your strength for everyday movements. Running from 9-12pm Monday to Friday.

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