

# SEAFORD RECREATION CENTRE

## GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.00am	*STRENGTH FOR LIFE					PILATES
9.15am	BODY ATTACK		*9.30* YOGA	BAR CLASS	BODY ATTACK	
10.15am	FUNCTIONAL CORE			ZUMBA	PILATES	
10.30am		*STRENGTH FOR LIFE	BAR CLASS	*STRENGTH FOR LIFE		
11.15am	FIT FOR LIFE	*11.30* GENTLE YOGA	*11.30* STRENGTH FOR LIFE	*11.35* GENTLE YOGA	FIT FOR LIFE	
12.30pm						

### BODY ATTACK

A sport inspired cardio program which integrates high energy interval training. This class will get you sweating and working hard.

### FUNCTIONAL CORE

A low impact class with lots of options in training the many muscles that make up and stabilize posture, including strength, endurance, flexibility, motor control and function for everyday activities. Suitable for all fitness levels.

**FIT FOR LIFE** Cardio group fitness class involving stretching and flexibility. Some strengthening aerobic exercise.

### \*STRENGTH FOR LIFE –OVER 50'S

Participants in the Strength for life program engage in strength and balance training, progressed regularly under the supervision of fitness professionals. An initial assessment is required prior to attendance.

### ZUMBA

A dance inspired cardio program using simple but seriously hot dance moves to give you a great workout.

### PILATES

This class lengthens and stretches all the major muscle groups in the body in a balanced fashion.

### YOGA

Yoga is a mind and body practice. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation.

### BAR CLASS

Non-impact sculpting class for toning and strengthening using barbells and dumbbells.

### HIIT

A high intensity strength and cardio workout that will work your major muscle groups and get your heart rate pumping.

### HEALTH CLUB HOURS

Staffed hours Monday to Friday:  
8am–5pm

Unstaffed hours Monday to Sunday  
4am–12pm  
(Including Public Holidays)

### CRECHE HOURS

#### \*BOOKINGS REQUIRED

#### Monday to Friday:

Session 1: 9am–10:15am

Session 2: 10:15am–11:30am

#### Saturday:

Session 1: 8:30am – 10:30am



SEAFORD RECREATION CENTRE  
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