

GROUP FITNESS TIMETABLE

15th May - 28th May

LES MILLES BODY PUMP - BP is the fastest way to shape up and lose body fat. Resistance training to music is an excellent way to add strength training into your aerobic workout. The simplicity of the class makes it a great starting point to develop strength and confidence.

LES MILLES SPIN - 30 -minute high intensity interval training workout that takes you into overdrive to go hard and push harder, to get you fitter super-fast.

LES MILLES BODYATTACK - A high energy, calorie consuming athletic workout that will push you past your limits with strong, simple moves and pumping music. No matter what your fitness level, you'll get fit, stay fit and get fitter!

LES MILLES BODYSTEP - The ultimate way to give your body a high-energy cardio blast that tones the hips and thighs. The cardio class improves your fitness by stepping up and down with a step.

LES MILLES BODY BALANCE - A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. Body Balance brings mind and body into perfect harmony. Try this holistic approach to fitness.

LES MILLES BODYCOMBAT - Combines moves and stances developed from a range of self-defence disciplines such as Karate & Boxing. Designed to fight fat and kick calories this workout is heaps of fun, this workout is non-contact and delivers ultra-fast fitness results.

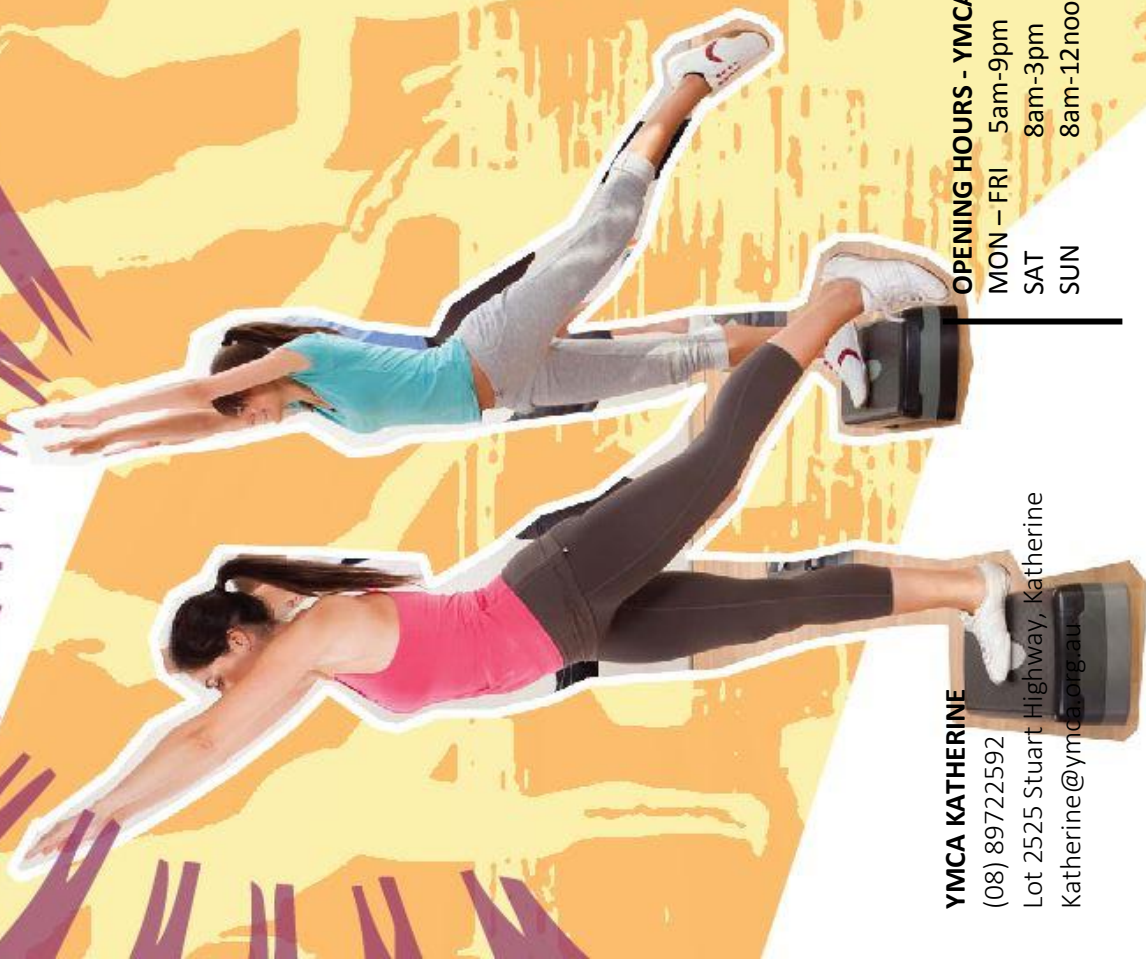
LES MILLES EX WORKS - The ultimate way to get your tight and toned core with dynamic training that hones in on your abs, glutes, back and obliques. Connecting with both upper and lower body, this workout will leave you feeling strong and looking good.

LES MILLES RPM - Take on the terrain with your inspiring coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Discover your athlete within- sweat and burn to reach your endorphin high.

vinyasa yoga - A discipline that utilises postures and breathing techniques. This form of yoga offers a range of health benefits for those who practise it, as it encompasses all areas of the mind, body & spirit.

ZUMBA - For active older adults looking for a lower-intensity option to the fast-paced Zumba dance workout and extra fun!

AQUA - Aerobics in the water. Work at your own pace and intensity using the water



YMCA KATHERINE

(08) 89722592

Lot 2525 Stuart Highway, Katherine

Katherine@ymca.org.au

OPENING HOURS - YMCA

MON – FRI 5am-9pm

SAT 8am-3pm

SUN 8am-12 noon



HENRY SCOTT RECREATION CENTRE

	MONDAY 15 th May	TUESDAY 16 th May	WEDNESDAY 17 th May	THURSDAY 18 th May	FRIDAY 19 th May	SATURDAY 20 th May	SUNDAY 21 st May
6:00am							
8:00am							
8:30am							
9:00am							
9:30am							
12:10pm							
3:10pm							
5:00pm							
5:15pm							
6:15pm							
6:30pm							
	MONDAY 22 nd May	TUESDAY 23 rd May	WEDNESDAY 24 th May	THURSDAY 25 th May	FRIDAY 26 th May	SATURDAY 27 th May	SUNDAY 28 th May
6:00am							
8:00am							
8:30am							
9:00am							
9:30am							
12:10pm							
3:10pm							
5:00pm							
5:15pm							
6:15pm							
6:30pm							



Creche is available from 8:30am – 10:30am Monday – Friday for children who are aged between 6 weeks and 12 years old and fully immunised – see reception for further details