

CLASS DESCRIPTIONS

Fat Burn (45 minutes)

High Intensity Interval Training that keeps your heart rate up and burns more fat in less time!

Boxing (45 minutes)

A non-body contact boxing class that utilises the boxing mitts and pads to tone and condition your body, great for all fitness levels

Seniors Strength (30 minutes)

A class for over 55s focused on reducing pain and injuries through strength based training

Yoga (60 minutes)

Yoga is a great way to improve posture, increase lung capacity, strengthened knees and joints, increase flexibility, and it also improves the ability to cope with stress and anxiety.

Core Blast (30 minutes)

A quick workout designed to target your core.

Strength and Tone (45 minutes)

An intensive work out that uses a variety of exercise programs to strengthen and tone the body.

Fitness Circuit (45 minutes)

A quick and effective workout aimed at increasing overall fitness

Cardio Tennis (1hour)

Cardio Tennis is a fun tennis based program that incorporates high intensity cardio drills and games. Limit of 8, bookings essential.

Bollywood Dancing

Bollywood dance style is a beautiful blend of all Indian dance styles be it classical Indian dance, folk Indian dance or the more current R&B, hip hop music.

Bookings essential for Cardio Tennis and Spin, book online at <https://www.geelonglawntc.com.au/book-online> or call 5243 2819

YMCA GEELONG LAWN TENNIS CLUB

GROUP FITNESS TIMETABLE

















12-20 Sommers St, Belmont VIC 3216
03 5243 2819
geelonglawntc.com.au



GROUP FITNESS TIMETABLE

Term 2 timetable Starts Monday 16th April



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.15-7.00am		Strength & Tone		Boxing 	Yoga (60min) 
8.30-9.00am	<i>Seniors Strength</i> Over 55 	<i>Seniors Strength</i> Over 55 		<i>Seniors Strength</i> Over 55 	
9.00-9.45am	Fitness Circuit	Strength & Tone	BOLLYWOOD Dancing	Fat Burn	Express Core Blast (30 min)
9.30-10.15am					Yoga (60min) 
10.00-11.00am					
10.30-11.30am					
6.00-6.45pm	Boxing 	Strength & Tone			
6.00-7.00 pm			 Yoga		
6.00-7.00pm			Advanced 		
7.00-7.45pm		Fitness Circuit	Boxing 		



- All gym classes are free for Gold and Gym memberships
- Cardio Tennis: limit of 8 per session (bookings essential)
- Please note spin is weather permitting, a cardio class will be held in place incase of bad weather.

Bookings essential for Cardio Tennis and Spin, book online at <https://www.geelonglawntc.com.au/book-online> or call 5243 2819