



# Bairnsdale Aquatic and Recreation Centre

## GROUP FITNESS CLASSES

### **Pilates**

A progressive series of exercises that focus on strengthening the body's core to stabilise the back and reduce joint pain and stiffness.

### **Rush Hour**

This circuit class will increase your fitness, burn body fat and tone up the whole body like no other.

### **Spin**

A freestyle indoor cycling and cross training class. Experience a mind/body connection that is the core to obtaining complete fitness and health.

### **Boxing**

A high-energy class that uses boxing equipment and movements. This class is designed to provide an excellent upper body workout and tone and strengthen the lower body. No previous experience necessary.

### **Tai Chi**

Tai Chi is a class that helps reduce stress, promoting balance and flexibility. Tai Chi can also be used to help arthritis and balance, this class will also include stretching and core work.

### **Strength Effect**

A Freestyle Strength class that will increase your fitness, burn body fat, build strength and help tone your whole body with a series of challenging exercises.

### **Zumba**

A Latin based dance class designed to give you a whole body workout that's fun.

### **Zumba Gold**

Easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Prepare to leave empowered and feeling strong.

### **Les Mills**

Les Mill's workouts can be found all around the world and are loved by millions. Come along and find out why these classes are so popular.

### **BodyPump**

Non-impact class designed to give your body a complete workout using barbells and free weights to music. Fantastic for strengthening bones, speeding up your metabolism to burn body fat.

### **BodyBalance**

A workout that builds flexibility and strength using Yoga, Tai Chi and Pilates. It will leave you feeling centred and calm.

For more information phone (03) 5152 5710  
[www.eastgippsland.vic.gov.au/recreationcentres](http://www.eastgippsland.vic.gov.au/recreationcentres)



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## AQUA AEROBICS

### **Aquacise**

The Focus is on working the heart rate from resting through to endurance levels, whilst we specifically work your legs, arms and core and also focus on cardiovascular fitness during each heart rate elevation. This class is designed to individually accommodate all fitness levels and abilities.

### **Aqua Dance**

Have fun with groove and move techniques. A variety of pool equipment is used to ensure you exercise your legs, arms, and core and cardio fitness. Workout out the vocal cords while you sing along and laugh at the innovative dance moves. This class is fun and fitness for everyone.

### **Stretch & Flex**

A class that focuses on stretching and increasing your flexibility. Our instructor actively participates in the class, giving assistance and technique correction right there in the water with you.



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