



# CARNEGIE MEMORIAL SWIMMING POOL

## GROUP FITNESS CLASS DESCRIPTIONS

### STUDIO ONE PROGRAMS

<p><b>Activate Strength</b> 45mins Designed to help improve functional movement, strength, balance, co-ordination and bone density in older adults.</p> <p><b>Dance</b> 45mins A dance fitness class is a dynamic and energetic workout session that combines elements of dance with traditional aerobic exercises. These classes are designed to provide a fun and effective way to improve cardiovascular health, co-ordination, flexibility, and overall fitness while dancing to upbeat music. Perfect for all levels of fitness.</p> <p><b>GEL Strength</b> 45mins This low-impact, medium-intensity class builds strength in your upper body, lower body, and core through supersets and repetition, with modifications for all fitness levels.</p> <p><b>Les Mills BodyAttack</b> 55mins/45mins Sports-inspired cardio workout including high energy aerobic moves, sports drills and strength work will get you fit fast.</p> <p><b>Les Mills BodyBalance</b> 55mins A yoga, tai chi and pilates workout that builds flexibility and strength, leaving you feeling centred and calm. **</p> <p><b>Les Mills BodyCombat</b> 55mins/45mins The empowering cardio workout where you are totally unleashed. Inspired by a range of martial arts.</p> <p><b>Les Mills BodyPump</b> 55mins/45mins The original barbell class that strengthens and tones your entire body to ensure you get results fast.</p>	<p><b>Les Mills Shapes</b> 55mins/45mins An exciting new Les Mills launch blending Pilates, Barre, and Power Yoga, set to modern beats. Get ready to invigorate your mind and body.</p> <p><b>Mat Pilates</b> 55mins/45mins Pilates Exercises with and without small equipment such as balls, bands and Pilates rings. Tone your whole body and strengthen your core, while improving posture, alignment and balance. **</p> <p><b>Mobilise</b> 45mins Designed to improve your range of motion and flexibility, while improving your strength, balance, and stability. Mobilise can help reduce stiffness, discomfort and pain to help you move and feel better.</p> <p><b>Zumba</b> 55mins Featuring exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning participants.</p> <p><b>Zumba Gold</b> 55mins Zumba Gold will get you moving, improve your fitness and leave you feeling energised. This class is for active adults who are looking for a modified Zumba class that recreates the original moves you love, but at a lower intensity.</p>
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### AQUATIC PROGRAMS

<p><b>Aqua Fitness</b> 45mins Boost your cardio and stamina in this high-energy, low-impact class, using the water's resistance to elevate each movement and improve cardiovascular health.</p> <p><b>Aqua Flow</b> 45mins Relax and strengthen your body with this calming, full-body workout that blends Pilates, yoga, and Tai Chi movements, all enhanced by the natural resistance of water.</p> <p><b>Aqua Tone</b> 45mins Tone and strengthen your body with water resistance in this fun, full-body workout, incorporating circuit-style training and equipment for a challenging yet joint-friendly experience.</p>
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Scan the QR code to access the timetable online

### MIND BODY STUDIO PROGRAMS

<p><b>Beginners Yoga</b> 50mins This class introduces the fundamental poses of yoga, explores body alignment and breath while developing strength, flexibility, and balance in a supportive environment. **</p> <p><b>Hatha Yoga</b> 50mins Hatha Yoga incorporates all the basic traditional methods including poses, breath work, meditation, and relaxation. The poses (asana) are slowed down and held static for longer period times than flow Yoga to focus your mind and body strength.</p> <p><b>Flow Yoga</b> 50mins A slower paced class that focuses on correct alignment and getting the most from your yoga practice. It is a flow yoga based class aimed at stretching and strengthening the body but with focus on alignment. We take the time to look at how the body should be aligned in poses and offer options to modify depending on your needs.</p> <p><b>Meditation</b> 30mins Meditation can produce a deep state of relaxation and a tranquil mind. You focus your attention using a combination of mental and physical techniques which may include but is not limited to - mindfulness, breath, mantra and Yoga Nidra.</p> <p><b>Qigong</b> 45mins A gentle &amp; restorative exercise therapy incorporating a variety of low impact movements with stillness &amp; some meditation. The purpose of the practice is to release tension - physical, mental &amp; emotional.</p>	<p><b>Restorative Yoga</b> 50mins/75mins A gentle yoga class that is about slowing down your body through passive stretching using props to support your body and allow the muscles to relax deeply.</p> <p><b>Restore/Sound</b> 90mins Find your balance and tranquility through mindful movement and soothing sound, where healing vibrations promote relaxation and restore harmony in body and mind.</p> <p><b>Vinyasa Yoga</b> 50mins Vinyasa Yoga follows a series of flowing poses that connect breath with body and movement. Typically a stronger and more intense practice it is recommended to have participated in Beginners or Flow Yoga before attending this class.</p> <p><b>Yin Yoga</b> 50mins A deeply mindful style of Yoga where postures are held for a longer period of time while you find stillness and focus on the breath. Profoundly powerful practice to alleviate stress and deeply release tension and tightness in the body.</p> <p><b>Yoga Nidra</b> 30mins Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping, induced by a guided meditation.</p>
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### REFORMER PROGRAMS

<p><b>Foundation – 45 mins</b></p> <p>This class is the perfect place to start your Reformer Pilates Journey. It's also great if you are wanting to revisit the principles of the Pilates Method at a slower pace, with more focus on the foundations.</p> <p>It includes a brief induction to the Reformer Bed followed by exercises designed to improve coordination, core strength, balance, stability and awareness.</p> <p>Suitable for all ages.</p>
<p><b>Progression – 45 mins</b></p> <p>This Progressive Reformer Class is an intermediate class, the next step on your Pilates journey!</p> <p>This class moves at a pace assuming you have a knowledge of Pilates and the equipment. It is a complete workout challenging the whole body, through progressive sequences building on your strength through specific muscle focus. It is our most popular class. Options will be offered to modify or challenge.</p> <p>We recommend participants should have attended at least three Foundation sessions prior to attending this next level.</p>
<p><b>Advanced – 45 mins</b></p> <p>A high intensity style Reformer session designed to take your Pilates to the highest level.</p> <p>Classes focus on endurance with faster paced movements and may include moderate impact moves like jumps, HIIT, as well as resistance training.</p> <p>We recommend participants come along without injuries, and have 3 months experience with Pilates and the equipment.</p>

#### VIRTUAL FITNESS

Virtual Fitness classes are conducted in the Mind and Body Studio and Group Fitness Studio One. Classes are conducted with a virtual instructor/s. Please arrive five minutes prior to the session to set up. Please ask staff for assistance if needed.

#### \*\* PREGNANCY SAFE CLASSES



Denotes classes suitable or specialised during pregnancy. Please inform the instructor BEFORE the class starts so they can provide alternate options throughout the class.