# **Class Descriptions**

Class	Location	Duration	Intensity	Туре
ABT	BOTH	30 or 45min	**	·
Aquability	MARC	40min	*	<b>*</b>
AquaFit	MARC	55min	**	<b>*</b>
Aqualite	MARC	45min	**	<b>*</b>
Aquamax	MARC	45min	***	<b>**</b>
Aquarumba	MARC	45min	**	<b>**</b>
Body Balance	BOTH	60min	*	
<b>Body Combat</b>	MARC	60min	***	<b>**</b>
Body Pump	ВОТН	30, 45 or 60min	**	
Body Step	MARC	45 or 60min	**	<b>**</b>
Boomers	MARC	60min	*	<b>**</b>
<b>Boxing Express</b>	MARC	30 min	**	<b>*</b>
Fitball	HHRC	60min	**	
HeartFit	MARC	55min	*	<b>**</b>
Metafit	BOTH	30min	***	<b>*</b>
MetaPwr	MARC	30min	***	<b>*</b>
Parkinsons Fitball	HHRC	60min	*	<b>*</b>
Pilates	BOTH	60min	**	* &
Pilates Sculpt	MARC	60min	**	
<b>Progressive Pilates</b>	MARC	60min	*	* *
RPM	HHRC	45min	***	<b>*</b>
Spin	HHRC	30 or 45 min	***	<b>*</b>
Stretch n Flex	HHRC	30min	*	٨
Tai Chi	MARC	60min	*	
Yoga	MARC	75min	**	* &
Zen Yoga	MARC	75min	*	* •
Zumba	MARC	60min	**	<b>*</b> **



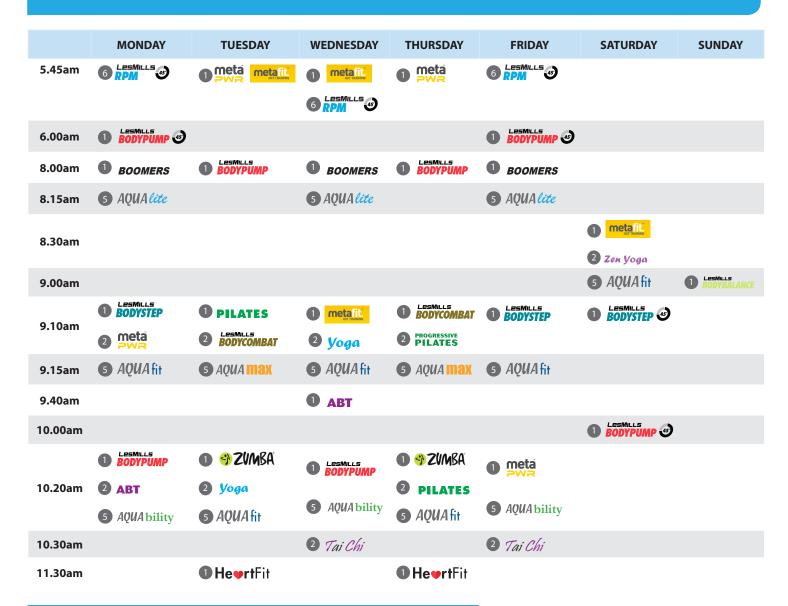




## **HALLS HEAD CLASSES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00am		PARKINSON FITBOLL		7 PARKINSON FITBOLL		
8.30am						6 RPM
9.05am	7 BODYPUMP	7 metafit.	7 BODYPUMP	7 meta ii. 6 SPIN 9	7 BODYPUMP (9)	
9.20am		6 RPM			6 SPIN	7 ABT
9.40am	6 RPM	7 ABT	6 SPIN 9 Lesmills BODYBALANCE	8 ABT	7 BODYBALANCE	
10.20am	PILATES	8 Stretch n Flex				

### **MARC CLASSES**



EVENING CLASSES				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4.40pm			3 BOXING EXPRESS	
5.30pm	1 BODYPUMP  2 meta	1 BODYSTEP	DESMILLS BODYPUMP  metafit. mrtiodati	1 BODYSTEP
6.10pm	2 Zen Yoga 3 AQUA fit	2 Lesmils BODYBALANCE  5 AQUA MAX	2 Zen Yoga 5 AQUA fit	2 Yoga

## **Zumba Party**

5.30pm on the first Friday of the month

We turn the lights down low and rock out to rhythms from around the world.

6.30pm

#### MANDURAH AQUATIC AND RECREATION CENTRE

1	Studio 1	4 Gym
2	Studio 2	5 Pools
3	Outdoor Gym	6 Pop Up Cycle Studio