

GROUP FITNESS TIMETABLE

 15 MIN CLASS
  30 MIN CLASS
  45 MIN CLASS
  START 15 MIN LATER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM	LES MILLS RPM 						
6.00AM	BOOTCAMP	LES MILLS RPM 	LES MILLS RPM  BOOTCAMP	LES MILLS RPM 	LES MILLS RPM  BOOTCAMP		
8.30AM						LES MILLS BODYPUMP	
9.00AM	AQUAFIT 	AQUAFIT	AQUAMELLOW	AQUAFIT			LES MILLS BODYCOMBAT
9.15AM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS GRIT  <small>Starts 9th October</small>	 BOXERCISE	AQUA <small>Post-Pre-natal Starts 9th October</small>	
9.30AM						BOOTCAMP	
9.45AM				LES MILLS CXWORX 			
10.00AM					AQUAMELLOW		LES MILLS BODYBALANCE
10.30AM	LES MILLS BODYBALANCE		SPORTSYOGA		LES MILLS BODYBALANCE		
11.00AM							BOOTCAMP
12.15PM		LES MILLS BODYPUMP 		LES MILLS BODYBALANCE			
12.45PM		LES MILLS CXWORX 					
1.30PM			 BOXERCISE				
5.30PM	LES MILLS BODYATTACK	LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYJAM		
6.00PM	AQUAFIT	AQUA SPRINT 	AQUAFIT				
			LES MILLS BODYATTACK 				
6.30PM	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT			
		AQUA LOGGING 					
7.30PM	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT					
7.45PM			LES MILLS RPM 				



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CLM Health & Fitness @ Richmond Aquatic Centre



CLMHealthfitness

CLASS DESCRIPTIONS

EFFECTIVE FROM 5TH SEPTEMBER 2016
SUBJECT TO CHANGE

LES MILLS CXWORX

All the moves in CXWORX have options, so it's challenging but achievable for your own Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body

LES MILLS BODYATTACK

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic movements with strength and stabilisation exercises. Powerful music motivates everyone towards their fitness goals

LES MILLS BODYBALANCE

The Yoga, Tai Chi, Pilates workout that builds flexibility and strength. It leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music.

LES MILLS BODYCOMBAT

An empowering cardio workout where you are totally unleashed. This energetic programme is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai.

LES MILLS BODYPUMP

The original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors! Get results fast!

LES MILLS BODYSTEP

The energising step workout. Using a height adjustable step and simple movements on, over and around the step you get great motivation from awesome music both cardio tracks and muscle conditioning to shape and tone.

LES MILLS BODYJAM

Is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts as much emphasis on having fun as on breaking a sweat.

LES MILLS GRIT

The LES MILLS GRIT® Series offers High Intensity Interval Training designed for ultimate results in minimum time. This is a challenging workout suitable for those who are serious about taking their fitness up a notch.

LES MILLS RPM

The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

SPORTS YOGA

Step by step approach to developing strength, flexibility, good breathing habits, concentration and relaxation. Each class will work through the fundamental principles of Yoga.

BOXERCISE

Inspired by boxing training. All classes will contain three concepts: Shadow boxing, pad work and interval training. All abilities welcome.

AQUA MELLOW

A 45 minute beginner's class low impact practiced in the shallows. The focus is to increase cardiovascular health and your strength and flexibility. This class is ideal for senior citizens and those looking to get back into exercise or recovering from an injury.

AQUA FIT

A 45 minute class that you can make moderate or hard. This is a great class to build stamina and strength. Exercise in deep water and the shallow, its an all rounder using equipment such as noodles and dumbbells to add variety to your workout.

AQUA SPRINT

This is a high intensity 30 minute workout to get your heart rate pumping and your muscles burning all in a low impact environment of deep and shallow water.

AQUA JOGGING

15 minutes of guided aqua jogging, travelling in the water both deep and shallow.

AQUA Post-Pre-natal

A great class hosted in the shallow and deep, enjoy the support the water offers. The water enables you to move more freely. This is a gentle class that aims to ease the effects of pregnancy on your joints, it is a chance to offer strength and conditioning and help prevent injuries through improved posture and balance, not to mention a great chance to share your experience with other mothers and mothers to be. Please seek advice from your midwife before participating in our classes.