

# NLC Group Fitness Timetable

Effective 29 November 2024

Please note classes and instructors are subject to change.

Bookings are essential for all classes via [Noosaleisurecentre.com.au](http://Noosaleisurecentre.com.au) or phone 0753296550



Classes run for 50 minutes unless indicated otherwise

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30		Circuit		Circuit	Yoga Flow		
6:45	Noosa Yoga	Pickleball	Noosa Yoga				
7:00	Pickleball					Power Yoga	Pickleball
7:30				Lite Fitness Pilates			
7:45	Dance Nation	Body Moves	Qi Gong		Lite Fitness		
	Chair Yoga						
8:00	Lite Fitness		Legs, Abs, Booty				
			Stretch				
8:15						Qi Gong	
8:45				Pound			
9:00		Pilates Fusion			Fitness Pilates*		Pickleball
		Pickleball			Zumba		
9:15	Core Fitness		Zumba*				
	Dance Nation Lite*						
9:30				BoxFit		SoulFit Dance*	
9:45				Dance Nation			Noosa Yoga*
10:00	Badminton			Badminton	Pure Strength (45 mins)		
10:15		Pure Strength					
10:30	Pilates Fusion		Power Bar*				Pickleball
			Core Fitness				
10:45					Pure Stretch (30 mins)		
11:15		Yoga Flow					
11:30	Lite Stretch						
12:00		SoulFit Dance*			Pickleball		
16:00	Zumba		Yoga (Slow Flow Hatha)				
17:00	Tone w/ Weights			Dance Nation			
18:00				Pickleball			

# Class Descriptions

## Body Moves

A mix of low impact aerobics and body conditioning. The aim of the class is to work all major muscle groups incorporating aerobic activity, strength and endurance exercises, balance and stretching.

## BoxFit

An empowering workout combining drills and skills from boxing and martial arts- great for relieving stress and improving cardiovascular fitness.

## Circuit

This is a general strength and conditioning class set up in circuit stations changing the exercise intent on each station. Your results will include functional movement, core conditioning and cardiovascular fitness.

## Core Fitness

Core fitness is a Pilate's style class that builds on movements to challenge participants whilst still offering the option to modify the class depending on their experience and ability.

## Chair Yoga

Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include- improved flexibility, better concentration, increased strength.

## Dance Nation + Lite

This dance class incorporates Afro Beats, Hip Hop, Latin & Burlesque, containing the latest trends whilst also including familiar songs and styles from around the world. Classes are positive, fun and joyful.

## Fitness Pilates + Lite

A modern Pilates class designed to strengthen the entire body. Breath and technique are a focus in developing good postural foundations to engage the muscles and improve mobility and body control.

## Lite Fitness

A fun way to get and stay fit. Exercise at your own pace under the guidance of a motivating instructor. Aimed at the over 50's but everybody welcome.

## Legs, Abs, Booty

A class to strengthen, tone and stretch your Legs, Abs and Booty! Fun and challenging, this class finishes with a 15 minute stretch to leave you feeling relaxed and refreshed.

## Lite Stretch

Under the guidance of our motivating instructor you will stretch out all major muscle groups through slow and controlled movements.

## Pure Strength

A full body strength training class designed to define and build lean muscle and burn fat. Focusing on combining various types of strength training techniques using free weights and resistance.

## Pure Stretch

A stretching and mobility focused class to aid in muscle recovery. This is a great class to complement strength training and other high intensity workouts. A combo of deep stretches, foam rolling, and other mobility techniques.

## Pilates Fusion

Pilates Fusion is a blend of stretching, Yoga and Pilates. The classes are customized to the participant's ability and will increase strength and flexibility and improve posture.

## Power Bar

Power Bar is a full-body, choreographed resistance workout with barbells and weights, aimed at strengthening muscles, boosting metabolism, managing weight, and preventing osteoporosis.

## Pound

Pound is a full-body cardio workout using Ripstix, weighted drumsticks for all fitness levels, combining conditioning, strength training, yoga and Pilates-inspired movements.

## Qi Gong

Qigong is a moving meditation that coordinates slow, deep breaths with simple movements and visualization. It promotes health and wellbeing and initiates transformation on all levels through self-empowerment.

## SoulFit Dance

An accessible cardio dance class for all fitness levels that incorporates modalities such as latin, hiphop, burlesque, bollywood and freedance. it is easy to catch onto but also has room for free movement /styling for intermediate / advanced dancers.

## Stretch Mobility Flow

A low impact dance based choreographed stretch class with mindfulness. A fun way of introducing flexibility and mobility training and great way to stretch it out, after our higher intensity classes.

## Power Yoga

An energizing sequence with focus on stamina, strength and breath, often with a theme incorporated. The flowing movements may sometimes be combined with some longer holds of certain postures. The classes tend to end with slower, deeper stretches, and often floor-based asana practice.

## Noosa Yoga

Noosa Yoga offers 5-week classes with varied sequences of classical and modern yoga, suitable for all levels. Each class includes breathing, postures, and relaxation.

## Yoga Flow

A mixture of meditation, breath-work and energizing movement. Begin with gentler movements to warm up the body, then move into progressively more challenging flowing sequences. This continuous flow of movement and breath generates a meditative state, encouraging practitioners to let go of thought and focus on experience of the present moment.

## Yoga (Slow Flow Hatha)

A slower paced yoga class with a gentle flow, focusing on strengthening muscles and increasing joint mobility to complement safe movements in other exercise forms. Helps improve posture, core strength and flexibility to enhance daily life.

## Zumba

Zumba is an interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.