

# Albany Leisure & Aquatic Centre Group Fitness Timetable

| Mornings | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   | Sunday  |
|----------|---|---|---|---|---|--|---|
| 6.15am   |    |  |   |    |    |  |   |
| 8.00am   |    |  |   |    |    |  |   |
| 8.50am   |   |  |   |    |   |  |   |
| 9.15am   |    |  |   |    |    |   |   |
| 10.15am  |    |  |   |    |    |  |    |
| Evenings | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   | Sunday  |
| 5.30pm   |    |  |   |    |    |   |   |
| 6.00pm   |    |   |   |   |   |  |   |
| 6.15pm   |    |  |   |    |   |  |   |
| Lunch    | Wednesday   |   |  |  |  |  |  |
| 12.15pm  |  |   |   |   |   |  |   |
| 12.15pm  |  |   |   |   |   |  |   |

## IT'S TIME TO GET FIT

The Albany Leisure and Aquatic Centre is offering over 30 classes per week run by fully qualified and accredited fitness instructors. All patrons must be over the age of 16 to use the gym and group facilities.

Call us now on (08)6820-3400 to discuss our new memberships options and get the best out of ALAC !



The original weights class that builds strength, tones your body and pushes you to the limit every time. **BE STRONG**



A Latin dance class like no other. All fitness levels welcome. Ditch the workout, join the party!



High intensity interval training set to tunes that will get your pulse racing. Get the results faster. **RIDE HARD**



Metafit™ combines traditional bodyweight exercises with the latest HIIT training techniques to set the metabolism on fire!



This amazing program utilizes free-standing boxing bags and requires no co-ordination.



A Fully supervised weight-bearing gym exercise program that will help improve strength, stability and overall fitness.



A fitness boxing class that incorporates the use of box-steps to help get the blood pumping.



Building strength, flexibility, stamina, balance, and coordination, this slow flow pace class is suitable for all levels, options are provided for beginners to advanced students.



No swimming experience necessary. A low impact resistance workout utilising equipment to improve strength, flexibility and endurance.



This deep water aqua class targets cardiovascular fitness, muscle strength, flexibility and core stability with the support of a buoyancy belt.



This is an awesome program that caters for all fitness levels. This class incorporates a range of exercises using fitballs



Get the latest updates about the Albany Leisure and Aquatic Centre on Facebook:  
@AlbanyLeisureandAquaticCentre



# Group Fitness Timetable

Effective from November 2017



T: 08 6820 3400  
E: staff@albany.wa.gov.au

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[www.albanyleisurecentre.com.au](http://www.albanyleisurecentre.com.au)

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