Class Descriptions

Class	Location	Duration	Intensity	Туре
ABT	вотн	30 or 45min	**	,,,,
Aquability	MARC	40min	*	65
AquaFit	MARC	55min	**	*
Aqualite	MARC	45min	**	* **
Aquamax	MARC	45min	***	* ***
Aquarumba	MARC	45min	**	* **
Body Balance	ВОТН	60min	*	
Body Combat	MARC	60min	***	*
Body Pump	ВОТН	30, 45 or 60min	**	
Body Step	MARC	45 or 60min	**	* **
Boomers	MARC	60min	*	*
Boxing Express	MARC	30 min	**	∞ %
Fitball	HHRC	60min	**	.
HeartFit	MARC	55min	*	*
Metafit	ВОТН	30min	***	∞ %.
MetaPwr	MARC	30min	***	*
Parkinsons Fitball	HHRC	60min	*	∞ %.
Pilates	ВОТН	60min	**	* •
YogaLates	MARC	60min	**	* •
YogaCore	MARC	60min	**	* *
RPM	HHRC	45min	***	∞ %.
Spin	HHRC	30 or 45 min	***	& **
Stretch n Flex	HHRC	30min	*	٨
Tai Chi	MARC	60min	*	٨
Yoga	MARC	75min	**	* •
Zen Yoga	MARC	75min	*	* 4
Zumba	MARC	60min	**	₩



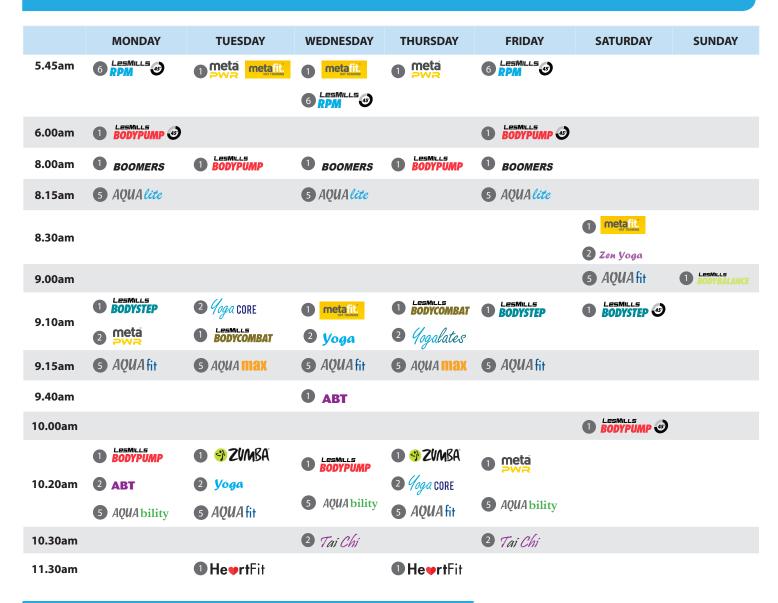




HALLS HEAD CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00am		7 PARKINSON FITBOLL		7 PARKINSON FITBOLL		
8.30am						6 RPM
9.05am	7 BODYPUMP	7 metafit.	7 BODYPUMP ®	7 metafit 6 SPIN 39	7 BODYPUMP 39	
9.20am		6 RPM			6 SPIN	
9.40am	6 RPM	7 ABT	6 SPIN DESMILLS PRODYBALANCE	8 ABT	7 BODYBALANCE	
10.20am	7 PILATES	8 Stretch n Flex				

MARC CLASSES



EVENING CLASSES							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY			
5.30pm	1 BODYPUMP 2 meta	1 LESMILLS BODYSTEP	1 BODYPUMP 2 metafit.	1 BODYSTEP			
6.10pm	2 Zen Yoga 5 AQUA fit	2 LESMILLS 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.

MANDURAH AQUATIC AND RECREATION CENTRE

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