

BODYCOMBAT

Empowering cardio workout with combat moves

BODYPUMP

The original barbell class that strengthens and tones your entire body.

BODYSTEP

Energising step workout, that makes you feel liberated and alive.

RPM/SPIN

RPM - Pre-choreographed indoor cycling class.
Cycle - Instructor created indoor cycle session.

FIT HIIT

Fit HIIT is the GLC's own brand of functional training intervals. It is a cardio and/or resistance training circuit that focuses on the total body exercises with a strong emphasis on agility and core workouts. It will typically involve a whole body dynamic warm-up, technique correction and a high intensity workout followed by correctional stretching. It is adaptable for various fitness abilities.

AQUAZUMBA

Everything you love about Zumba without stress on the joints. A fun class for all, no matter your size or fitness level. Join the party in the pool.

AQUAFIT/LIFESTYLE

Working in shallow water this fun energetic session will help improve your fitness levels and muscle strength, using the natural resistance of the water.

AQUALEANS

A light paced aqua aerobics class, conducted in both shallow and deep water.

SWIM FIT

SwimFit is a great aerobic workout without the load on your joints, with the added resistance of the water, where you will also receive assistance on the correct technique from a qualified swim Coach. Range of skill levels catered for, however ability to swim at least 50m of freestyle, breast stroke and back stroke is a prerequisite.

YOGA

Yoga is the physical, mental and spiritual practice which aims at transforming body and mind. It promotes greater joint stability and muscle awareness, connecting the breath to movement, strengthening and lengthening the whole body while enhancing internal awareness.

Yoga Descriptions (dependent on instructor)

Yin yoga - Passive floor based practice. Poses are held for 3 to 5 minutes to target the deep connective tissue. Also believed to clear energy blockages in the body.

Hatha Vinyasa - Flow class that incorporates physical postures, breathing techniques and meditation

LIFESTYLE GROUP CIRCUIT

Group Sessions lead by Personal Trainer, that specialises in training senior and referred clients. The session will be suitable for clients over 55 years, and referred clients with low to moderate health issues. All exercises will offer variations and suitable progressions and regressions will be provide for clients with varying needs.

FUNCTIONAL

A wonderful high intensity fitness program open to all fitness levels. Fun, challenging and fast results.

GEOGRAPHE LEISURE CENTRE

GROUP FITNESS

TIMETABLE



OPENING HOURS

Monday - Friday	5:30am - 8:00pm
Saturday	7:00am - 4:00pm
Sunday	8:00am - 4:00pm
Public Holidays	8:00am - 4:00pm

Excluding: Christmas Day, Boxing Day, New Years Day, Australia Day, Anzac day, Easter Sunday, Good Friday

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GROUP FITNESS TIMETABLE

GLC Full and Group Fitness Members Only

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45AM	FUNCTIONAL ⁴⁵	LES MILLS RPM SPIN ⁴⁵	LES MILLS BODY PUMP ⁴⁵	LES MILLS RPM SPIN ⁴⁵	FUNCTIONAL ⁴⁵		
7:30AM						LES MILLS BODYCOMBAT ⁴⁵	
8:00AM	LIFESTYLE GROUP CIRCUIT ⁵⁰		LIFESTYLE GROUP CIRCUIT ⁵⁰		LIFESTYLE GROUP CIRCUIT ⁵⁰		
8:15 AM							LES MILLS BODY PUMP ⁶⁰
8:30AM						LES MILLS RPM SPIN ⁴⁵	
9:10AM	LES MILLS BODY PUMP ⁴⁵	FIT HIIT ⁴⁵	LES MILLS BODYSTEP ⁴⁵	FIT HIIT ⁴⁵	LES MILLS BODY PUMP ⁴⁵		
9:20AM							YOGA ⁶⁰
10:00AM		YOGA ⁶⁰		YOGA ⁶⁰			
10:15AM	YOGA ⁶⁰		YOGA ⁶⁰		YOGA ⁶⁰		
5:30PM	LES MILLS BODYSTEP ⁴⁵	LES MILLS BODY PUMP ⁴⁵	LES MILLS RPM SPIN ⁴⁵	LES MILLS BODYCOMBAT ⁴⁵	LES MILLS RPM SPIN ⁴⁵		
6:20PM	LES MILLS RPM SPIN ⁴⁵			YOGA ⁶⁰			

*CLASS TIMETABLE SUBJECT TO CHANGE.

Please make sure you arrive at each class at least 5 minutes before the starting time. Instructors will not allow entry to any latecomers. This helps to ensure all classes continue to run on time and don't impact later sessions.

AQUATIC FITNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM	Swim Fit ⁶⁰		Swim Fit ⁶⁰		Swim Fit ⁶⁰		
8:00AM		AQUAFIT ⁵⁰	AQUALEANS ⁵⁰	AQUAFIT ⁵⁰	AQUAFIT ⁵⁰		
9:00AM	AquaZumba ⁵⁰	LIFESTYLE AQUAFIT ⁵⁰		LIFESTYLE AQUAFIT ⁵⁰			

We ask all attendees to bring towels to each class and to wipe down equipment using provided sanitisation products after use.