
















GROUP EXERCISE @ HILAC

From Monday 2nd November 2020

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|---|
| LES MILLS BODYPUMP 6:05  | SPIN 6:05  | SPIN 7:00  | SPIN 6:05  | | SPIN 8:05  |
| PILATES 9:00  | | LES MILLS BODYPUMP 9:00  | | LES MILLS BODYBALANCE 9:00  | |
| | | | | | |
| BODYBLITZ 5:45  | PILATES 5:10  | SPIN 5:30  | LES MILLS BODYPUMP 5:30  | SPIN 5:30  | |
| LES MILLS BODYBALANCE 6:30  | PILATES 6:00  | | | | |

COVID-19 Restrictions

Due to current State Government regulations there will be limitations with our group exercise.

~ Maximum of 10 participants per class.

~ Must pre-book classes @ secure.activecarrot.com or call HILAC Reception.

~ Please stay home if you are sick.

~ Please bring your own mat and towel to classes.



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| GYM | Description | Duration |
|-------------------------------|--|------------------------|
| SPIN | Spin is an exiting and motivational indoor cycling fitness program . It is low impact, so it is easy on the body and joints. | 30 - 60 MINUTES |
| GROUP EX. | Description | Duration |
| LES MILLS BODY PUMP | Pump is a high-energy class that is guaranteed to individually challenge participants, giving people that sense of achievement, whilst having a good time. | 30 - 60 MINUTES |
| LES MILLS BODY BALANCE | Body Balance is a Yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm . | 30 - 60 MINUTES |
| PILATES | Pilates develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind and elevates the spirit | 45 MINUTES |