

Long Live You!

membership

Physical and social activities for people 50+

Full access to our exclusive Long Live You Group Fitness classes

plus

**Gym access: 7am - 3pm
Pool access: 7:30am - 3pm**

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	MON	TUE	WED	THU	FRI
8:00am	STRONG SENIORS	STRONG SENIORS	YOGA STRONG SENIORS	STRONG SENIORS	STRONG SENIORS
8:00am	AQUA ENERGY		AQUA ENERGY		AQUA ENERGY
8:30am		AQUA SPLASH		AQUA SPLASH	
9:00am	HEART WALK		HEART WALK		HEART WALK
10:00am			SOCIAL SPORTS 10am - 12pm		
11:15am	ZONE STRENGTH	PILATES		FITBALL	ZONE STR. PILATES
11:30am			YOGA		
12:15pm	ZUMBA	STRONG SENIORS	LATIN LINE DANCING	ZUMBA	YOGA
1:15pm	SEATED DANCE	AQUA SPLASH	AQUA SPLASH	AQUA SPLASH	CHAIR YOGA
2:15pm	FITBALL		PILATES		

LOCATIONS: Gym Group Fitness Room Courts Leisure Pool External

Long Live You!

Strong Seniors

This is a resistance based group activity utilising a variety of equipment and free weights. This is a classed designed specifically to develop strength, stability and overall fitness.

Yoga

Yoga moves slowly and deliberately through a gentle sequence of poses to help you stretch, calm your inner self and improve balance.

Pilates

Pilates techniques are suitable for all fitness levels improving core strength, postural alignment as well as physical and mental wellness.

Latin Dancing

Latin Dancing is a fun and inviting class where you will learn steps from the Jive, Cha-Cha, Samba and Pasodoble.

Social Sports

These sessions are all offered indoors and include Carpet Bowls, Badminton, Table Tennis and more.

Come and join-in on the relaxed pace and social atmosphere with a morning of low impact, modified sports.

Zone Strength

Zone Strength is a modified version of ALAC's popular Zone 30 interval training class. Held in the gym using the X-Zone Functional Training frame, Zone Strength will help you build strength and mobility while developing your confidence with using functional training equipment and free weights in the gym setting.

Heart Foundation Walk

Packed with health benefits, our walking groups are the perfect place to get moving and meet new people. A separate schedule for walk locations can be collected from ALAC or found on our website.

Seated Dance

A low to zero impact dance program performed in a chair using large muscle groups in the upper and lower body. Ideal for people with back or joint issues and limited mobility.

Chair Yoga

This activity is a form of yoga modified to meet the needs of anyone with limited mobility or recovering from injury or illness.

Fitball

This is a specialised activity using stability balls to improve core strength, challenge yourself and watch your balance and posture improve.

Zumba

Zumba Gold is an engaging Latin-inspired dance class guaranteed to get you moving. It is a low intensity activity and a great way to improve general fitness in a fun environment.

Aqua-Fitness Classes

Aqua Energy

Formerly known as 'Fab 50s', Aqua Energy is a low impact, low intensity class that aims to improve your cardiovascular fitness, strength, stability and bone density. No swimming experience required.

Aqua Splash

A low impact, moderate intensity class held in the leisure pool aimed to improve strength, flexibility and endurance. No swimming experience required.

Gym & Pool Access:

Long Live You Full Access members can also access the gym from 7:00am - 3:00pm and the pool from 7:30am - 3:00pm, limited by centre opening hours.

Long Live You Aquatic members can access the pool from 7:30am - 3:00pm, limited by centre opening hours.

Please Note: Pool access does not include access to the spa/steam-room area, however, LLY members can purchase a spa/steam add on when required.

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