

Albany Leisure and Aquatic Centre P: 6820 3400

Winter Program / July 6th – September 30th 2020

	MON	TUES	WED	THUR	FRI
8:00am	Beginner Strong Seniors		Beginner Strong Seniors Pilates		Beginner Strong Seniors
9:00am	LLY Walking (ALAC meetup) FREE		LLY Walking (Mids meetup) FREE		LLY Walking (ALAC meetup) FREE
10:00am	Supervised Gym Every Week Day 10am - 2pm*		Social Sport Carpet Bowls and Morning Tea 10am - 12pm		
10:30am					Yoga-lates
11:15am	Zone Strength 11.15am		Zone Strength 11.15am		Zone Strength 11.15am
11:30am	Zumba	Beginner Strong Seniors	Yoga	Zumba Beginner Strong Seniors	Beginner Latin Dancing Yoga
12:30pm	Zumba	Fitball	Active Recovery	Fitball	Advanced Latin Dancing Chair Yoga
1:30pm	Seated Dance	Beginners Yoga	Ballet		
1:45pm		Aqua Aerobics 1.45pm	Aqua Aerobics 1.45pm	Aqua Aerobics 1.45pm	Aqua Aerobics 1.45pm
2:30pm	Your Life Café 2:45 - 4pm FREE	Beginners Pilates	Condor Club		
4:00pm			Pilates		
5:00pm			Yoga		

LOCATIONS

 Gym

 Group Fitness Room

 External

 Courts

 Pool

Supervised Gym 10am - 2pm

*Attend anytime between 10am and 2pm. New members are required to complete a once-off induction in the gym before commencing the Supervised Gym program. Inductions can be booked at the time of registration.

*Please note timetable changes and additional pop up classes will be advertised separately and on our website as we work with changing government restrictions