

### **Strong Seniors**

This is a resistance based group activity utilising a variety of equipment and free weights. This is a class 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.

### **Dance Unlimited**

A dance class like no other. Dance Unlimited is a combination of cardio and toning exercises, suitable for beginners with low and higher intensity options offered. Work up a sweat while having fun along the way. Smile your way through your workout!

### **Social Sports**

These sessions are all offered indoors and include Carpet Bowls, Tennis, Table Tennis and the brand new sensation taking over the sporting world - Pickleball!

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

### **Fitball**

This is an exercise class based around the use of stability (or Swiss) balls to improve core strength, challenge yourself and watch your balance and posture improve.

### **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.

### **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.

### **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.

### **Seated Stretch**

This is a chair-based, general stretching class which includes some gentle mobility and breathe work, suitable for anyone with limited mobility.

### **Seated Strength**

A low impact strength class designed to improve strength and mobility, from the comfort of a chair. Perfect for all fitness levels, this class helps build muscles, support joint health and increase confidence in every day movement.

### **Aqua Energy**

A low impact, moderate-intensity class, focusing on improving cardiovascular fitness and muscle endurance. Options are offered throughout to make this class suitable for all fitness and ability levels - A fun workout matched with some great music!

### **Aqua Splash**

Held in the waist-deep leisure pool, Aqua Splash is a medium intensity class that uses a range of different equipment to create a full-body cardio workout that will also have your muscles firing.



# Long Live You!

*Physical and social activities for people 50+*

# Long Live You!

## WEEKDAYS

Gym access: 7am - 3pm

Pool access: 7:30am - 3pm

## WEEKENDS

Gym & Pool access: 8am - 3pm

*plus*

Unlimited access to our exclusive Long Live You class timetable!

### Full Access

Access to all classes, gym and aquatic area (inc. spa and steam-room)

3 month - \$146.00

12 month - \$580.00

Direct Debit - \$48.33/mth\*

### Aqua Only

Access to Aqua-Fitness classes and aquatic area (inc. spa and steam-room)

3 month - \$103.00

12 month - \$410.00

Direct Debit - \$34.16/mth\*

\*Direct debit memberships have a minimum 3-month term and will incur a once-off start-up fee

PHONE: (08) 6820 3404  
ALBANYLEISURECENTRE.COM.AU  
ALACGYM@ALBANY.WA.GOV.AU



|         | MON             | TUE            | WED             | THU                   | FRI             |
|---------|-----------------|----------------|-----------------|-----------------------|-----------------|
| 8:00 am | STRONG SENIORS  | STRONG SENIORS | YOGA            | STRONG SENIORS        | YOGA            |
| 9:00am  | HEART WALK      | AQUA SPLASH    | HEART WALK      | AQUA SPLASH           | HEART WALK      |
| 9:15am  | AQUA ENERGY     |                | AQUA ENERGY     |                       | AQUA ENERGY     |
| 10:15am |                 | FITBALL        | SOCIAL SPORTS   |                       |                 |
| 11:15am | ★ ZONE STRENGTH | PILATES        | ★ ZONE STRENGTH | YOGA                  | ★ ZONE STRENGTH |
| 12:15pm | STRONG SENIORS  | ZUMBA GOLD     | SEATED STRETCH  | ADVANCED LINE DANCING | STRONG SENIORS  |
| 1:15pm  | AQUA SPLASH     | SEATED DANCE   | AQUA SPLASH     | ACTIVE MINDS          | AQUA SPLASH     |
|         | SATURDAY 8:15AM |                | DANCE UNLIMITED |                       |                 |

### ★ Booking required

Please book in for the star marked classes using our client portal

Scan QR code to book and to view our Live Class Timetable for any last minute changes



### LOCATIONS:

- Gym
- Other
- Lap Pool
- Courts
- Leisure Pool
- Group Fitness Room