

Leisurelys Class Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.00-7.45am	AquaFit		AquaFit		
9.05am		Pilates			
10.15-11.45am					
10.15-11.00am		Gym			
10.30am	RPM Gym				RPM Gym
11.00am		Balance			
11.15am			Stretch <small>good mobility required</small>		
12.30-1.30pm				Gym Intro	
12.45-1.15pm			Strength		
1.30pm			Pilates <small>suitable for all</small>		
1.45pm				Breathwork*	

Contact email: leisurelys@qldc.govt.nz

Effective from 10 June 2024

Classes marked **yellow** are open to all members; Leisurelys members can attend these classes with no additional charge.

*Breathwork and gentle movement

1. Fees: \$8 per class | \$55 10-visit pass | \$145 or \$240 for 3 or 6 months prepaid
2. Leisurely membership allows unlimited access to all classes on the timetable
3. Gym use only available during class times or with a Personal Trainer
4. Gym use or classes outside this timetable require a full gym membership
5. An induction is required before joining any classes



Alpine Health & Fitness, Queenstown Events Centre
 P 03 450 9005 | E leisurelys@qldc.govt.nz | W qldc.govt.nz/recreation

Leisurelys Class Descriptions

AQUAFIT: Add water to your workout with a water-based class especially for active seniors. AquaFit is a great way to improve aerobic fitness and develop strength without the impact, making it easier on muscles and joints.

BALANCE: 30-mins of functional stability training using props and exercises to improve your balance and coordination in everyday life.

BREATHWORK AND GENTLE MOVEMENT: this low-impact class will provide a safe, accessible and relaxing experience for everyone, regardless of physical ability or fitness level. Our focus will be on gentle movement and breathing exercises to promote overall well-being and mobility.

GYM: Have a go at using our quality gym equipment while working on cardiovascular fitness and strength. We'll show you how the gadgets work if you don't already know.

GYM INTRO: This class is for new members of the gym or those who need a little more assistance. We will introduce you to the equipment and set you up with your own programme so you are confident in attending our regular sessions.

PILATES: One of the best forms of exercise for overall conditioning, toning and relaxation. Designed to help build flexibility, strength, endurance and coordination while strengthening your core and torso, and increasing circulation.

RPM: RPM is an indoor cycling workout, where you ride to the rhythm of music. Take on the terrain as your inspiring coach leads you through different tracks.

STRENGTH: This 30min class will help you build strong muscles and bones through resistance training. Using a mixture of free weights, bands and body weight exercises, our instructors will guide you and help you master the correct technique.

STRETCH: Gently stretch the muscles you didn't know you had. Our stretch classes help increase flexibility, reduce injury and improve mobility. Ask an instructor if the Wednesday 11.15am class is suitable for you as it requires greater mobility.

WALKING GROUP: Meet at the Frankton Beach by the BBQ area to join us on a walk to the Hilton and return. We will provide a guest speaker or new topic of discussion each week. This class only operates in the warmer months.
