

Leisurelys Class Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.00-7.45am	AquaFit		AquaFit		
9.05am		Pilates			
9.30-11.30am					
10.15-11.45am				Walking Group	
10.30am	RPM Gym	Gym Balance			RPM Gym
11.15am			Stretch <small>good mobility required</small>		
12.15-1.00pm	AquaFit		AquaFit		
12.45-1.15pm			Strength		
1.30pm			Pilates <small>suitable for all</small>		
2.00pm					

Contact email: leisurelys@qldc.govt.nz

Effective from March 2023

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

1. Class Fees: \$8 per class or \$55 for a 10-visit pass
2. Annual medical check required if over 80 years
3. Concession card: 10 x Leisurelys classes of your choice
4. Rates are applicable to Leisurelys members only
5. Access applies to Leisurelys classes and pool only



Alpine Health & Fitness, Queenstown Events Centre
 P 03 450 9005 | E gym@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. This is accredited as a Falls Prevention class. Head into the gym for 30 minutes afterwards if you wish.

GOLF: Warm summer months provide a perfect opportunity to have a go at golf. The Frankton Golf Centre offers a 9-hole course and a great driving range, perfect for a casual morning of golf. Jamie will be there to help.

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.

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 morning tea and a guest speaker or new topic of discussion each week. This class only operates in the warmer months.

YOGA STRETCH: 45-mins of gentle yoga stretching movements. No strength standing poses this class is all about improving joint mobility and releasing muscle tension.