

Leisurelys Class Timetable

TIME	MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7.00-7.45am	AquaFit			AquaFit	Mobility circuit		
9.05am			Pilates				
9.30-10.30am						Pickleball	
10.30am	RPM	Gym	Gym		Golf	RPM	Gym
11.10am				Stretch <small>good mobility required</small>		Yoga Stretch	
12.15-1.00pm	AquaFit			AquaFit			
1.30pm				Stretch <small>suitable for all</small>	Balance		
2.00pm					Tai Chi	Gym	

Bookings essential for gym classes which are limited to 14 people.

Effective from 22 April 2021

Phone 03 450 9005 or email gym@qldc.govt.nz

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

1. Class Fees: \$5 per class or \$45 for a 10-visit pass
2. Annual medical check required if over 80 years
3. Please collect tag from reception before each class
4. Concession card: 10 x Leisurelys classes of your choice
5. Rates are applicable to Leisurelys members only
6. 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.

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.

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. Bookings essential.

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. Bookings essential.

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 Wed 11.10am class is suitable for you as it requires greater mobility.

TAI CHI: Designed to improve mobility, flexibility and balance, Tai Chi involves a series of slow, fluid, gentle movements based on an ancient form of exercise practiced for hundreds of years. Tai Chi has been shown to promote relaxation and prevent falls through improvement in balance, reactions and lower limb strength.

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.