

# Lets Move Lake Mac

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		Sunrise Yoga by the Ocean Blacksmiths Beach			Move & Flow by the Lake Croudace Bay Park	
10:00am			Low Impact Strength + Stability Valentine Scout Hall		Low Impact Strength + Gentle Yoga Valentine Scout Hall	
11:00am		11:00am Aqua Fitness Valentine Heated Pools		12:00pm Aqua Fitness Valentine Heated Pools	11:15am Aqua Fitness Valentine Heated Pools	12:15pm Aqua Fitness Valentine Heated Pools
4:45pm	Strength/HIIT Valentine Public School		Boxing Valentine Public School	Strength/HIIT ONLINE		
5:45pm	Yoga & Meditation Valentine Public School		Restorative Yoga Valentine Public School	6:10pm Aqua Fitness Valentine Heated Pools		



# Movement Classes



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## Movement Strength/HIIT

### **45 minutes**

A more functional approach to your fitness. Apply your bodies natural movement patterns to your workout. A mix of strength, HIIT and mobility – this class is the perfect all round workout for those who struggle to find time to workout.

## Boxing

### **45 minutes**

Learn how to jab, cross, uppercut, duck, weave plus more advanced moves in our boxing classes. There are so many benefits but our #1 love for boxing is the sense of empowerment it creates – building confidence and feeling strong. Learn a new skill, meet new friends and become part of our boxing team.

## Low Impact Strength + Stability

### **45 minutes**

This class is best suited to participants with limited mobility; whether it be an old injury, a medical condition or senior participants wanting to improve their health, fitness, strength, balance and mobility. In this class, we apply our own body weight to build strength and stability as well as working with different equipment such as resistance bands, weights, medicine balls + more. We work on building flexibility, balance and core strength through pilates techniques, yoga, stretch and myo-fascial release.

# Yoga Classes

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## Yogalates (Pilates + Yoga)

### **60 minutes (30 mins Pilates/30 mins Yoga)**

If you want a stronger core, this class is for you! 30 minutes mat based Pilates - a focus on activating and developing core/glute strength as well as whole body exercises. 30 minutes Yoga - we mix it up each week from Hatha style yoga (breath and holding poses), chair yoga, some gentle beginner flow (bringing more heat into the body) and Restorative (seated or lying down). Expect to leave your class feeling strong, relaxed and restored.

## Yoga & Meditation

### **60 minutes**

Our Yoga and Meditation class welcomes all levels. This class is perfect for beginners who have never practiced yoga before. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance and flexibility. The class finishes in a deeply restorative pose, inviting stillness and relaxation.

## Restorative Yoga

### **60 minutes**

The most relaxing yoga of all is Restorative Yoga. This slow, gentle form of yoga allows your mind and body to quiet down and relax. The supported poses mean little or no muscular effort is required to hold them, allowing you to drop into a healing, soothing state. If you're looking for a yoga class to help you access a meditative state and release stress without breaking a sweat, this is the class for you.

# Aqua Fitness & More

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## Aqua Fitness

### **45 minutes**

Aqua fitness is a fun workout for everyone! Using the resistance of water you will build strength, improve your cardio and overall quality of life. Aqua Fitness is perfect for anyone who has injuries or conditions that make traditional land based exercise difficult or uncomfortable.

## Move & Flow

### **55 minutes**

35 Minutes Movement - A mix of Strength Training, Body weight and HIIT training with 20 Minutes Yoga Flow to kickstart your day. You'll get your workout in plus the added benefits of Yoga and Savasana at the end leaving you feel energised, calm and connected.

## Online Classes on demand

### **10-60 minutes**

All Let's Move members have unlimited access to our Online Holistic Health Portal with Home Workouts, Core Exercises, Yoga, Guided Meditation, Breath Practices, Recipes and More. Do something good for your mind, body and soul, anywhere, anytime.