

BRIGHTON REC CENTRE - FITNESS & WELLNESS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am	Strength & Vitality	Strength & Vitality			Strength & Vitality		
8:30am							Strength & Vitality
9:00am	Tai Chi		Hatha Yoga Zumba Gold	Strength & Vitality Tai Chi			
9:30am	Strength Foundations	Tai Chi			Tai Chi	Yin Yoga	Strength Plus
10:00am		Strength Plus	Strength & Vitality Tai Chi	Strength Foundations			
10:15am	Yin Yoga						
10:30am	Strength & Vitality					Zumba Gold Pilates	
10:45am					Beginner Tai Chi		
11:00am		Strength Foundations	Strength Foundations	Strength & Vitality			
11:30am	Stretch & Mobility	Pilates			Strength & Vitality		Yin Yoga
12:00pm		Meditation	Standing Pilates Stretch & Mobility				
12:30pm	Pilates	Slow Flow Yoga			Strength Plus		
2:00pm				Chair Yoga			
2:30pm	Zumba Gold			Dance	Stretch & Mobility		
★★★★ NEW AFTER SCHOOL & EVENING CLASSES ★★★★★							
4:00pm		Power Pilates	HIIT Strength				
5:00pm	Power Pilates	Vinyasa Flow Yoga	Power Pilates	HIIT Strength			
6:00pm			Slow Flow Yoga				

Bookings: Phone: 9592 3033 www.brightonrec.com.au/fitness-and-wellbeing-timetable/ All classes run for 50 minutes

Our Classes

Find the class that best suits you. All classes run for 50 minutes.
Please arrive 5 minutes early.



Strength & Mobility



Yoga & Meditation



Pilates



Dance



Tai Chi

Strength Foundations

Gentle strength training with light weights, improves balance and posture, and helps reduce falls.

Low

Strength & Vitality

Hand weights to build strength and balance and support bone health. Stay active and confident.

Med

Stretch & Mobility

Improves flexibility, posture and movement. You must be able to get down on the floor.

Med

Strength Plus

More energetic! Hand weights and standing movements build strength, heart health and endurance.

High

HIIT Strength

High intensity, interval strength training to improve fitness, endurance and confidence.

High

Hatha Yoga

Gentle, breath-led class with mindful movement and held postures. Improves balance and flexibility.

Low

Slow Flow Yoga

A gentler practice focused on flexibility, relaxation and restoring both body and mind.

Low

Yin Yoga

Gentle deep stretching with poses held longer. Promotes flexibility and inner peace.

Low

Vinyasa Flow Yoga

Engaging yoga linking movement and breath to improve strength, balance and mobility.

Med

Chair Yoga

Gentle yoga seated with a chair. Great for beginners or anyone preferring a gentle practice.

Low

Meditation

Calming class to reduce stress and improve focus and sleep. No experience needed. Chairs available.

Low

Mat Pilates

Gentle, floor-based pilates class. Builds core and glute strength, posture and flexibility.

Med

Standing Pilates

Performed standing or with a chair, no floor work required. Improves flexibility, balance and mobility via a restorative approach to pilates.

Med

Power Pilates

Build core and glute strength, improve posture and develop full-body stability and mobility.

High

Dance

Fun folk dancing in a social setting. Free-standing class, with an option to stand behind a chair.

Med

Zumba Gold

Easy Latin-inspired dance fitness with upbeat music. Great for beginners. Great for coordination and cardio.

Med

Beginner Tai Chi

Flowing movement for balance, coordination and joint mobility. The perfect class for those new to Tai Chi.

Low

Tai Chi

Flowing movement for balance, coordination and joint mobility. New to Tai Chi? Try Beginner first.

Low