



THREDBO LEISURE CENTRE WEEKLY GUIDE

Monday 18th June – Sunday 24th June 2012

Open 7 Days:

Monday – Sunday 8:00am-7:30pm

Yoga

The Level 1 class is focused towards beginners and low intermediate practitioners. The style of Yoga is Purna, which is whole/or complete. The foundation is Iyengar with Hatha and Ashtanga Eight Limbs, with the focus being on correct alignment and soft and gentle adjustment.

All levels Welcome.

Level 1 is a great place to start if you are new to Yoga or would like a gentle practice. Level 2 is slightly more challenging. Classes are non-competitive and your individual experience is valued. Bookings Essential.

Meditation

The fifteen-minute session will be on breath. Breath Meditation is very easy to do and calming for the mind and body. Benefits are focused awareness, concentration. Improves Memory. Helps to clear the mind and produces lasting beneficial changes in brain electrical activity. Bookings Essential.

S-Express

This class is focused towards a strong intermediate Level 2 practice. S-Express is a dynamic workout for both body and mind.

Punch Fit

A Boxing style workout that includes cardiovascular training. The class includes the dynamics of boxing with strength, endurance, core stability and flexibility. Bookings Essential.

Pilates

Pilates is a class that teaches a unique method of body control and conditioning, stretching and strengthening the muscles, while improving flexibility and balance. Bookings Essential.

CURRENT TIMETABLE AS OF MONDAY 18th June 2012

Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Level 2			5:30 – 6:45pm (Bec)				
Meditation		5:15-5:30pm (Bec)	5:15 – 5:30pm (Bec)				
Yoga Level 1		5:30 – 6:45pm (Bec)					
S-Express		11:00-11:45am (Bec)	11:00-11:45am (Bec)				
Pilates	11:00-12:00pm (Carla)						
Boxing	5:30-6:30pm (Sara)			5:30:6:30pm (Sara)			
Waterslide	12:00 - 7:00pm	12:00 -7:00pm	12:00 -7:00pm	12:00 - 7:00pm	12:00 - 7:00pm	12:00 - 7:00pm	12:00 - 7:00pm
Mission Inflatable	12:00 – 7:00pm	12:00 – 7:00pm	12:00 – 7:00pm	12:00 – 7:00pm	12:00 – 7:00pm	12:00 – 7:00pm	12:00 – 7:00pm
Torpedo Topple	12:00 – 7:00pm	12:00 – 7:00pm	12:00 – 7:00pm	12:00 – 7:00pm	12: - 7:00pm	12:00 – 7:00pm	12:00 – 7:00pm,

For booking call (02) 6459 4138, Fax:(02) 6459 4139 or email: tlc@thredbo.com.au

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