



General programming – Brunswick Baths

YMCA Victoria has partnered with Premier's Active April for the 9th year to help Victorians get more active. Brunswick Baths is proud to once again participate by offering you a 10 pass card to use at our indoor and outdoor pools throughout the month of April, along with a select range of Mynd Wellness and Group Fitness programs.

Access to any session is as easy as presenting your Active April card which you have been provided upon signing up in centre, at which point our friendly staff will remove a visit and provide you a ticket to the session. Each individual program is regarded as one visit.

To book your place in any of the programs listed below, registered participants are required to attend at Brunswick Baths main reception (Dawson Street entrance) up to 30 minutes prior to the commencement of the session. Please note that due to session capacities, we encourage participants to arrive and secure their place in a timely manner.

Mynd Wellness	
Program	Description
Hatha Yoga Monday 1:45 pm	<i>A slow style yoga session with a focus on strength, flexibility and core work. Held weekly on our Wellness Studio</i>
Yin Yoga Wednesday 7:30 pm	<i>A slow 'rest and release' yoga session to help relax mind and body. Yin yoga focuses on holding gentle poses to release tension in the body. Held weekly in our Wellness Studio</i>
Vinyasa Yoga Thursday 5:30 pm	<i>An energetic flow style yoga session to improve strength and flexibility. Held weekly in our Wellness Studio.</i>
Full Moon Meditation Friday 26 April 7 pm	<i>Full Moon Meditation is held on the fourth Friday of every month in the Wellness Studio. It is a 45 minute guided meditation session that invites participants to take time out of their busy schedule to just 'be', so they can leave feeling fresh and rejuvenated. Mats and chairs are provided, however please dress in warm and comfortable attire and bring your own blanket.</i>

Family Friendly Yoga Tuesday 16 April 4 pm	<i>Join Lily for a family friendly yoga class on Tuesday 16th April at 4pm. This class is suited to all levels and ability and the focus will be exploring mindfulness, movement while having fun! All ages are welcome to attend this session. The class will be a one off trial during Premier's Active April to showcase our Wellness studio yoga program. Capped at 16 participants so book in early to avoid disappointment.</i>
Group Fitness	
Class	Description
Body Attack Tuesday 4:30 pm	<i>Body Attack is a Les Mills pre choreographed sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.</i> <i>Held weekly in our Group Fitness Studio.</i>
Zumba Friday 5:30 pm	<i>Zumba classes feature exotic rhythms set to high-energy Latin and international beats. It's a combination of fitness and dance moves on swinging Latin music. It's easy to do, fun, and before you know it, you're getting fit and your energy levels are soaring!</i> <i>Held weekly in our Group Fitness Studio.</i>
Barre Saturday 6:15 pm	<i>BARRE is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.</i> <i>Held weekly in our Group Fitness Studio.</i>

