

Group Fitness Timetable

Spring 2024

Group Fitness		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:15am	C30 Aerobics	C30 Functional	Body Balance	C30 Strength	Body Step		
	7:00am					Run Club		
	8:30am		Zumba	LM Dance (9:15am)	Chair Fitness Class (8:15am)	Zumba	Body Step (8:00 am)	
	9:30am	Cardio Sculpt	Pilates	Body Balance (10:00am)	Body Pump (9:15am)	Body Balance	LM Dance	Body Pump (9:15am)
	10:30am	Zumba	Stretch & Align	B Active Longer Circuit	B Active Longer Circuit	B Active Longer Aerobics (10:45am)	Chair Fitness Class	Stretch & Align
	11:30am	B Active Longer Circuit	Boxfit (12:30pm)					
	4:00pm		Teen Gym	Teen Gym				
	5:30pm	Body Step	C30 Strength	Boxfit	Body Pump			
	6:30pm	Yoga		Body Step	Body Balance			

Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:15am		Aqua 50m (South End)					
	9:15am	Aqua 50m (South End)		Aqua 50m (South End)	Aqua 50m (North End)		Aqua 50m (South End)	Aqua 50m (North End)
	10:30am	Aqua Program			Aqua Program			Salti
	7:15pm	Aqua 50m (South End)		Salti (6:45pm)				

Class Descriptions

Aqua

The resistance in the water provides a great workout improving your cardio, strength and mobility while your joints are safely supported to minimise impact.

Box Fit

A low impact, high-energy workout that incorporates solid pad work, weight training and conditioning, functional and circuit training with an emphasis placed on boxing.

Chair Fitness Class

A 45-minute fitness class with a combination of gentle cardio, strength training, flexibility exercises and relaxation techniques. It is a fun and accessible way to improve your overall health and well-being from the comfort of your chair.

Connect 30 (Aerobic, Functional & Strength)

Sports inspired workouts that build strength, stamina and utilises functional body movements to help achieve your fitness goals quickly. This high intensity interval training class combines athletic, strength and endurance exercises in a fun group environment.

Les Mills BodyBalance

The holistic Yoga, Tai Chi, Pilates workout that builds your flexibility and strength while leaving your feelings centred and calm. Controlled breathing, concentration and a structured series of moves helps you achieve balance and strengthen your entire body.

RunClub

Join a group of like-minded people and head outdoors for a run around the local community. Whether you are a beginner or training for an event, this class is suitable for all fitness levels.

Salti

Stretch: This 30-minute class combines yoga and stand-up paddle boarding, helping you improve your balance, stability and flexibility all in one!

Sweat: An addictive and fun way to get your heart rate up through cardio and strength challenges which is all made harder by the fact you are balancing on a floating paddle board.

Stretch & Align

A class to improve your postural alignment, strength, flexibility and range of motion in every joint through mat stretching.

Les Mills BodyPump

The original barbell workout to get you lean, toned and fit by using the most effective weight-based exercises with lots of repetition as you pump out your workout to motivational music.

Les Mills BodyStep

An interval-training workout with bursts of aerobic activity that combines basic stepping with upper body moves. Step workouts are fun, energetic, friendly and results based group experiences.

Les Mills Dance

An insanely addictive group dance class that incorporates innovative dance movements that work cohesively with music inspired by global dance genres.

Pilates

Pilates will help improve balance, posture, core strength and flexibility which are essential for injury prevention. It caters to all fitness levels and will leave you feeling strong and invigorated.

B Active Longer Circuit

A class focused on enhancing longevity through balance, aerobic fitness and strength training to maintain muscle and bone health. Tailored for adults seeking to maintain vitality and wellbeing and perfect for anyone looking to exercise in a supportive, community-focused environment.

B Active Longer Aerobics

A low impact class designed to increase cardiovascular fitness, balance and coordination. It combines the key components of physical fitness and a great way to increase your step count.

Teen Gym

Designed for teens aged 12-15 years as an introduction to the gym and effective workouts under the guidance of a qualified trainer. It is a great session to learn the key fundamental movements for the growing body.

Yoga

A flowing and meditative class for healing and restoring balance within the mind, body and spirit. Poses are practiced to align, strengthen and promote flexibility in the body and also integrates breathing techniques.

Zumba

Party yourself into shape with this exhilarating, easy to follow, Latin-inspired, calorie-burning dance fitness party that moves everyone towards joy and health.