

GROUP FITNESS TIMETABLE

Effective
Sep 2nd 2024

GREEN ROOM

PURPLE ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
06:10	BODY PUMP Mel B	BODY BALANCE Katie	BODY PUMP Janny	LES MILLS CORE Mel B	BODY PUMP Mel B				
08:30						BODY PUMP Andrea	BODY STEP Tara		
09:30	BODY PUMP Kate & Ash	BODY COMBAT Mel J	Mums and Bubs Debb	BODY PUMP Andrea	BODY BALANCE Michelle	BODY PUMP Mandy	LES MILLS RPM™ (9am) Nicole & Tiz	BODY BALANCE Kylie & Nicole	
10:45	BODY BALANCE Kate	ACTIVE ADULTS Claire	YOGA Kaz	YIN YOGA Debb	ACTIVE ADULTS Mick & Andrea	YOGA Kaz	BODY BALANCE Mandy	ACTIVE ADULTS Anne	Move To Improve (9:45am) Andrea
11:45	MAT PILATES Claire	All Abilities Dance (11:15am) Anne			All Abilities Dance (11:15am) Anne	ROLLER & STRETCH Claire			
12:30		MEDITATION Brylie			MEDITATION Brylie				
17:30	BODY PUMP Janny	BARRE EXPRESS Debb	BODY STEP Tara	LES MILLS RPM™ Kate	BODY PUMP Katie	BODY ATTACK Tim	YOGA Katie	RPM™ Xpress Kate	
18:00	MAT PILATES Debb			LES MILLS Sprint™ Tiz					
18:40	CARDIO BOXING Mick	YIN YOGA Donna	BODY BALANCE Katie						
19:00	LES MILLS CORE Mel B								

AQUA & FUNCTIONAL TRAINING

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MAIN POOL

GYM FLOOR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA	08:30					Aquafit Sarsha	
	08:45	Aqua Mild Nicole	Aqua Mild Tiz	Aqua Mild Tania	Aqua Mild Claire	Aqua Mild Tania	
	09:45	Warm Water Nicole	Warm Water Tiz	Warm Water Tania	Warm Water Claire	Warm Water Tania	
	19:00		Aquafit Tania		Aquafit Kath		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GYM FLOOR	06:10		Strength Meg		Aerobic Kate		
	08:20	Burn Meg		Tone Kate			
	09:00					Aerobic Liam	
	09:20	Tone James	Aerobic James	Strength James	Burn James		
	10:00		Functional James				
	18:00	Strength Alex	Aerobic Alex	Burn Alex	Strength Meg		
	18:30		Core Kate		Core Meg		

REFORMER *Pilates* TIMETABLE

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REFORMER PILATES STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REFORMER PILATES	06:10	Reformer Nicole C	Reformer Nicole W	Reformer Nicole W	Reformer Nicole W	Reformer Nicole W	
	7:10	Reformer Nicole C	Reformer Beginner Nicole W	Reformer Nicole W	Reformer Beginner Nicole W	Reformer Nicole W	
	08:30						Reformer Staff rotation
	09:30	Reformer Debb	Reformer Beginner Kaz	Reformer Claire	Reformer Beginner Kaz	Reformer Claire	Reformer Staff rotation
	10:30	Reformer Beginner Debb	Reformer Debb	Reformer Beginner Claire	Reformer Claire	Reformer Beginner Claire	Reformer Staff rotation
	16:30		Reformer Beginner Monica		Reformer Beginner Brylie	Reformer Beginner Monica	
	17:30	Reformer Kate	Reformer Monica	Reformer Debb	Reformer Brylie	Reformer Monica	
	18:30	Reformer Kate	Reformer Monica	Reformer Debb	Reformer Brylie		



TIMETABLE SUBJECT TO CHANGE

03 5440 5300

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GROUP FITNESS TIMETABLE

LOW IMPACT

MODERATE

HIGH INTENSITY

WELLNESS CLASSES

GENERAL YOGA - 50mins

This class focuses on key postures and correct alignment, incorporates the yoga philosophy of combining movement with breath to allow you to feel the full benefits of a strong, healthy, and calm mind and body.

MEDITATION - 45 mins

This class is designed for beginners to experienced students. Helping you to disconnect from the stress of everyday life, assisting with better sleep and fitness results, allowing your body & mind to release, reset and restore.

YIN YOGA - 60 mins

Yin Yoga works the tissues of our ligaments, joints, deep fascial networks and even our bones. It is a slow-paced style of yoga, incorporating postures that are held anywhere from 1 to 5 minutes, intended as a complement to more active forms of yoga & exercise.

BARRE - 45 mins

Barre is a workout combining ballet inspired moves, with elements of Pilates, Dance, Yoga, and strength training.

ACTIVE ADULTS - 45mins

A low impact strength and aerobics class to keep your body moving, using simple routines, stretches, and light weights to improve strength and bone health.

MOVE TO IMPROVE - 45mins

Suitable for beginner to advanced participants, this low impact class combines aerobic moves with muscle toning exercises.

WELLNESS CLASSES

CARDIO BOXING - 45mins

A chance to take advantage of the intensity and quality of boxing training in a fun environment focussing on fighting for fitness.

PARENTS & BUBS - 45mins

These classes are a brilliant way to get new parents back into gentle exercise. Classes focus on a combination of light weights, body weight and connecting with your little one. **Open to all children 12 months and under.**

MAT PILATES - 45mins

Pilates will help improve posture, core strength and flexibility which is great for injury prevention. Caters to all fitness levels with a combination of balance and floor work.

STRETCH & STRENGTHEN - 45 mins

A stretch and roller class aiming to increase strength and flexibility.

CONNECT 30 CLASSES

CONNECT30 AEROBIC - 30mins

Pump up your heart rate and enhance your overall fitness with durations of aerobic activity.

CONNECT30 STRENGTH - 30mins

Strengthen and tone your entire body with a full-body resistance training class.

CONNECT30 FUNCTIONAL - 30mins

Improve your mobility and strength with a mixture of bodyweight functional movements & equipment.

CORE - 30mins

A strong core equals a strong body. Resistance tube, weight plate, and body weight exercises that target the torso for any level of fitness.

LES MILLS CLASSES

BODY ATTACK - 55mins

Body Attack is a high-energy fitness class with combining athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

BODY BALANCE - 55mins

Body Balance is a Yoga, Tai Chi and Pilates based class that improves your mind, body and life. You'll strengthen your entire body and leave the class feeling calm, centred and happy.

BODY COMBAT - 50mins

Body Combat is a high energy martial art inspired workout. You'll punch and kick your way to fitness. This full body workout is non-contact. You'll release stress, have a blast and feel like a champ.

BODY PUMP - 55mins

Body Pump is a weight-based class that strengthens and tones your entire body to ensure you get results – fast. Body Pump challenges all of your major muscle groups by using strength exercises such as squats, presses, lifts and curls.

BODY STEP - 55mins

Body Step is a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push ups and weight plate exercises, and the result is a fun, uplifting, full-body workout!

LES MILLS SPRINT™ - 30mins

Push your limits with this high intensity, low impact indoor spin workout. Alternate bursts of intensity with periods of rest to reach your fitness goals fast and burn calories for hours.

LES MILLS CLASSES

LES MILLS RPM™ - 50 mins

RPM is a group indoor cycling workout where you control the intensity. It's fun, low impact, and you can burn up to 500 calories a session. With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

AQUA CLASSES

AQUAFIT - 45mins

A non-impact water-based fitness class that uses a combination of exercises to increase cardio fitness, using noodles and/or aqua dumbbells to help shape and tone your entire body.

AQUA MILD - 45mins

Improve muscle tone and keep fit with this great blend of cardio and resistance training. Aqua aerobics offers a gentle, low impact style of exercise for all ages and abilities.

WARM WATER AQUA - 30mins

A gentle form of aqua exercise held in the hydrotherapy pool. The class is low intensity and has ramp access.

REFORMER PILATES

REFORMER PILATES - 45mins

Reformer Pilates is a moderate intensity bodyweight style class using resistance springs and straps to sculpt and tone your body. The all-levels training delivered in a layered format, encourages flexibility, balance, co-ordination, core stability and strength.

Reformer Plus Membership required.