

Group Fitness Timetable

Summer Timetable

| Group Fitness Studio | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|---------|------------------------|-----------|---------------|----------------------|---------------|----------------------|------------------------|
| | 6:00am | Step | Body Pump | Body Blast | Step | | | |
| | 6:45am | | | Body Blast | | | | |
| | 8:15am | Adults Movers | | Adults Movers | Mat Pilates (8:30am) | Adults Movers | Mat Pilates (8:30am) | |
| | 9:30am | Adults Movers (9:15am) | BoxFit | Step | Body Pump | Yoga | Body Pump | TONE |
| | 10:30am | Body Pump | | Adults Movers | | Adults Movers | Step | Body Balance (10:00am) |
| | 12:45pm | | | | | | Zumba | |
| | 6:00pm | Body Balance | Step | Body Pump | Step | | | |
| | 7:00pm | Zumba | Body Pump | Body Balance | | Zumba | | |

| Gym / outdoor | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|----------|------------------------------|-----------------|---------------|------------------------------|---------------|--------------|--------------|
| | 6:00am | C30 | C30 | | C30 | C30 | | |
| | 6:45am | C30 | C30 | | C30 | C30 | | |
| | 9:30am | C30 (9:15am) | | C30 (9:15am) | Stretch & Strength (outdoor) | C30 (9:15am) | C30 (9:00am) | C30 (9:00am) |
| | 9:45am | | Adults Strength | | Adults Strength | | | |
| | 10:30am | Stretch & Strength (outdoor) | | | Stretch & Strength (outdoor) | | | |
| | 10:45 am | C30 (10:00am) | Adults Strength | C30 (10:00am) | Adults Strength | C30 (10:00am) | | |
| | 4:00pm | | | | | | C30 | C30 |
| | 6:00pm | C30 | C30 | C30 | C30 | C30 | | |

| Pool | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|---------|--------|----------|-----------|----------|--------|----------|----------|
| | 8:00am | Aqua | Aqua | Aqua 50m | Aqua | Aqua | Salti 50 | Salti 50 |
| | 11:40am | Aqua | | Aqua | | Aqua | | |
| | 1:45pm | | Aqua | | Aqua | | | |
| | 7:15pm | Aqua | Aqua 50m | Aqua | Aqua 50m | | | |

Class Descriptions

B Active Adults – Move

A rejuvenating class focused on enhancing longevity through balance and strength training. Tailored for adults seeking to maintain vitality and wellbeing, this program combines balance exercises with cardio & strength- building activities to improve stability, muscle endurance, and bone health. Perfect for anyone looking to exercise in a supportive, community-focused environment.

Step

A choreographed aerobics class, STEP incorporates a routine using a step and full body conditioning exercises. This full-body cardio class will have you energised and burning calories fast! It is a great class for working your glutes, legs and thighs and suitable for all fitness levels.

Body Blast

Body Blast is a class designed to challenge our members, pushing limits for strength and core stability over the course of the session. Our instructors will have you digging deep, looking to find exactly what you have in the tank.

Mat Pilates

Is a form of exercise that focuses on strength, flexibility, and core stability. It is performed on a mat using bodyweight exercises and controlled movements to improve posture, alignment, and overall body strength. In Mat Pilates, participants follow a series of exercises that target the deep muscles of the core, including the abdominals, back, hips, and glutes. The movements are precise and controlled, emphasising breath control and proper alignment.

BODYPUMP™

A strength-training workout that uses barbells and adjustable weights to target all major muscle groups, emphasising high repetitions and low weights for muscle endurance and toning.

BODYBALANCE™

A mind-body class that incorporates elements of yoga, Tai Chi, and Pilates to improve flexibility, strength, and balance while promoting relaxation and stress reduction.

C30 Aerobic

Challenge your cardiovascular and muscular endurance. A high-intensity workout that will get your heart rate pumping.

Salti Sweat

This class is fun and high energy! Get your heart rate up through cardio and strength challenges while balancing on a floating paddle board!

Salti Stretch

A fun, slow-paced, yoga-inspired stretch to improve your stability and flexibility, all while balancing on a floating paddle board!

Aqua Aerobics

Aqua is low-impact, high-energy workouts conducted in water. Participants perform a variety of aerobic, strength, and flexibility exercises. The water provides resistance and reduces stress on the joints, making it suitable for all levels. Benefits include improved cardiovascular health, muscle strength, flexibility, balance, and coordination. Certified instructors lead the classes, which are accompanied by music for a fun and motivating experience.

B Active Adults – Strength

A rejuvenating class focused on enhancing longevity through balance and strength training. Tailored for adults seeking to maintain vitality and wellbeing, this program combines balance exercises with cardio & strength- building activities to improve stability, muscle endurance, and bone health. Perfect for anyone looking to exercise supportive, community-focused environment.

Zumba

ZUMBA is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms and resistance training. Zumba involves dance and aerobic movements performed to energetic and motivating music.

Yoga

A flowing and meditative class, YOGA is for healing and restoring balance within the mind, body and spirit. Poses are structured around alignment principles to ensure safe and optimal expression in each post. You will work on improving your muscle tone, strength, stamina and overall flexibility.

Cardio Boxing

Incorporates elements of boxing training into a high-intensity workout. It is a non-contact form of exercise that combines boxing-inspired movements with aerobic and strength training exercises. Participants engage in a variety of boxing techniques. The routines are typically set to energetic music and include intervals of cardio exercises, bodyweight exercises, and core strengthening movements.

LES MILLS TONE™

A group fitness class that combines cardio, strength, and core training into one workout. It's designed to be a foundational class that provides a full-body workout, improving fitness, strength, and flexibility, while also burning calories.

C30 Functional

A session that combines cardio, strength, and functional movements that will challenge your body and ignite your metabolism.

C30 Strength

A full body workout tailored to enhance your strength, improve stability, and boost overall performance.

Aqua Deep

Aqua Deep is a full body workout, which combines cardiovascular, muscle conditioning and interval training from the deep end with buoyancy belts provided. This is suited for experienced participants, and can increase range of motion and non-impacting movements