Spring 2026

Group Exercise Timetable

Group Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Step	Body Pump	Body Blast	Step	C30		
6:45am			Body Blast		C30		
8:15am	Adult Movers		Adult Movers		Adult Movers	Mat Pilates (8:30am)	
9:30am	Adult Movers (9:15am)	BoxFit	Step	Body Pump	Low Impact Chair Class	Body Pump	TONE
10:30am	Body Pump		Adult Movers	Stretch & Strength	Adult Movers	Step	Body Balance (10:00am)
1:30pm						Zumba (12:45pm)	
3:30pm						Mat Pilates	
6:00pm	Body Balance	Step	Body Pump	Step	Mat Pilates	Body Balance (4:30pm)	
7:00pm	Zumba	Body Pump	Body Balance	Zumba	Zumba		

Gym / Outdoor

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	C30	C30		C30			
6:45am	C30	C30		C30			
9:15am	C30	C30 (9:30am)	C30		C30	C30 (9:00am)	C30 (9:00am)
9:45am		C30 (10:15am)	C30 (10:00am)	Adults Strength	C30 (10:00am)		
10:45am	C30 (10:00am)	C30 (11:00am)	Stretch & Strength (Outdoor 10:30am)	Adults Strength	Stretch & Strength (Outdoor 10:30am)		
1:30pm							
4:00pm	Teen Gym Hours (4:00pm - 6:00pm) Mon - Fri					C30	C30
6:00pm	C30	C30	C30	C30	C30		
6:45pm	C30	C30	C30	C30			

Pool

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

GUNGAHLIN
LEISURE CENTRE

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 Balance
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.

Body Pump
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.

C30
A session that combines cardio, strength, and functional movements that will challenge your body and ignite your metabolism.

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 in a supportive, community-focused environment.

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.

Aqua
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.

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.

Low Impact Chair Class
Our Low Impact Chair Class offers a fun and accessible way to improve fitness while exercising from a chair. Participants work on strength, flexibility, coordination, and balance through simple, low-impact movements suitable for older adults, beginners, and those with limited mobility, the class provides a safe and supportive environment to stay active and enhance overall wellbeing for all participation levels.

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.

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 pose. You will work on improving your muscle tone, strength, stamina and overall flexibility.

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

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.

Stretch & Strength
Stretch & Strength is an exercise mat based class designed to build core strength and improve flexibility in one balanced session. Perfect for all fitness levels, this class will help you move better, feel stronger, and recover smarter.

Zumba
Are you ready to party yourself into shape? That’s exactly what the Zumba program is all about. It’s an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that’s moving millions of people towards joy and health.

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!