

# Group Fitness Timetable

Group Fitness		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	Body Pump	Body Balance	Body Attack	Body Balance	Body Pump		
	7:00am	Yoga					Yoga (8:00am)	
	9:15am			Body Balance (7:00am)	Body Pump	Chair Fitness Class (9:00am)		
	9:30am	Body Balance	Power Bar	Yoga			Zumba (9:45am)	Dance
	10:30am	Senior Circuits	Yoga	Senior Circuits	Body Balance	Senior Circuits	Yoga	Pilates
	11:30am		Senior Strength		Senior Strength	Yoga	Pilates	
	12:30pm						Body Pump	
	4:00pm						Body Balance	Yoga
	5:00pm		Body Attack (5:15pm)	Yoga				
	6:00pm	Body Pump (5:50pm)	Power Bar (6:15pm)	Step	Zumba			Zumba (6:45pm)
	7:00pm	Body Balance	Pilates	Pilates	Body Pump			
	8:00pm			Pilates				

Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30am	Aqua (7:15am)	Aqua			Aqua		
	12:15pm	Aqua	Aqua (1:15pm)	Aqua	Aqua			

Connect 30 / Air Gym		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	Aerobic (c30)	Strength (c30)	Functional (c30)	Aerobic (c30)	Strength (c30)		
	8:00am				Rowing (9:00am)		Functional (c30)	Functional (c30)
	11:30am	Rowing		Rowing		Strength (c30)		
	4:00pm		Teen		Teen			
	6:00pm	Aerobic (c30)	Strength (Air Gym & C30)	Functional (c30)	Aerobic (Air Gym & C30)			

# 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.

## **Air Gym Sessions**

At the heart of our dynamic space lies a state-of-the-art functional rig, adorned with an array of exercise stations offering a diverse range of workouts.

## **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.