

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.