

GROUP FITNESS TIMETABLE

GREEN ROOM

PURPLE ROOM

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

06:10

BODY PUMP
Mel B

BODY BALANCE
Katie

BODY PUMP
Janny

BODY BALANCE
Kate

BODY PUMP
Mel B

07:10

LES MILLS CORE
Mel B

08:30

ACTIVE ADULTS
Claire

ACTIVE ADULTS
Isobel

ACTIVE ADULTS
Claire

ACTIVE ADULTS
Anne

BODY PUMP
Andrea

09:30

BODY PUMP
Ash/Kylie

FREESTYLE AEROBICS (RETRO)
Debb

BODY PUMP
Andrea

BODY BALANCE
Michelle

BODY PUMP
Mandy

YIN YOGA
Debb

LES MILLS RPM™ (9am)
Tiz/Nicole

BODY STEP (9am)
Tara

10:45

ACTIVE ADULTS
Claire

BODY BALANCE
Michelle

YOGA
Kaz

SNR BOXING EXP
Anne

YIN YOGA
Debb

ACTIVE ADULTS
Mick/
Andrea

YOGA
Kaz

BODY BALANCE
Mandy

ACTIVE ADULTS
Anne

Move To Improve (9:45am)
Andrea

BODY BALANCE (10am)
Nicole/Kylie

11:45

MAT PILATES
Claire

All Abilities Dance (11:30am)
Anne

STRETCH EXP
Michelle

All Abilities Dance (11:30am)
Anne

MAT PILATES
Claire

12:30

TAI CHI
Claire

16:30

BODY PUMP EXP
Katie

17:30

BODY PUMP
Janny

BARRE EXPRESS
Debb

BODY STEP
Tara

Cycle
Kobe

BODY PUMP
Katie

BODY ATTACK
Tim

YOGA
Katie

RPM™ Xpress
Kate

18:00

MAT PILATES
Debb

LES MILLS Sprint™
Tiz

LES MILLS RPM™
Nicole

18:40

CARDIO BOXING
Mick

BODY BALANCE
Michelle

BODY BALANCE
Katie

CARDIO BOXING
Mick

FUNCTIONAL TRAINING

Gym Floor

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GYM FLOOR	06:10	C30 Strength	C30 Aerobic	C30 Speed	C30 Aerobic	C30 Strength		
	07:10	C30 Strength	C30 Strength	C30 Aerobic	C30 Strength	C30 Speed	C30 Strength (7:30am)	
	08:20	C30 Speed	C30 Aerobic	C30 Strength	C30 Speed	C30 Strength	C30 Strength	
	09:20	C30 Strength	C30 Base	C30 Strength	C30 Aerobic	C30 Strength	C30 Aerobic (9am)	
	16:30	C30 Strength	C30 Speed	C30 Strength	C30 Aerobic	C30 Base		
	18:00	C30 Strength	C30 Strength	C30 Speed	C30 Strength	C30 Strength		
	18:30	C30 Strength	C30 Core	C30 Speed	C30 Strength			

Effective August 2025

AQUA & HYDRO

MAIN POOL

HYDRO POOL

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

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HYDRO	09:45	Warm Water Nicole	Warm Water Tiz	Warm Water Tania	Warm Water Claire	Warm Water Tania		
	10:30			Warm Water Tania				

Effective August 2025

REFORMER *Pilates* TIMETABLE

REFORMER PILATES STUDIO

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REFORMER PILATES	06:10	Reformer Nicole	Reformer Nicole	Reformer Beginner Nicole	Reformer Nicole			
	07:10	Reformer Beginner Nicole	Reformer Beginner Nicole	Reformer Nicole	Reformer Beginner Nicole	Reformer Kate		
	08:30						Reformer Nicole/Monica	Reformer Nicole
	09:30	Reformer Debb	Reformer Beginner Kaz	Reformer Claire	Reformer Beginner Kaz	Reformer Claire	Reformer Beginner Nicole/Monica	Reformer Nicole
	10:30	Reformer Beginner Debb	Reformer Beginner Debb	Reformer Beginner Claire	Reformer Beginner Kate	Reformer Beginner Claire	Reformer Nicole/Monica	Reformer Beginner Nicole
	16:30	Reformer Kate	Reformer Beginner Monica	Reformer Monica	Reformer Helen	Reformer Monica		
	17:30	Reformer Beginner Kate	Reformer Monica	Reformer Beginner Monica	Reformer Helen	Reformer Beginner Monica		
	18:30	Reformer Beginner Kate	Reformer Monica	Reformer Monica	Reformer Beginner Helen			

Effective August 2025

GROUP FITNESS TIMETABLE

LOW IMPACT 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.

CONNECT30 BASE - 30 mins

A slower-paced, technique-focused class designed for beginners or anyone looking to refine their form on key lifts. Perfect for building a strong foundation and improving movement quality.

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.

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.

ALL ABILITIES DANCE - 45mins

A fun, inclusive dance class for all ages and abilities. Sing and move along to familiar tunes in a welcoming environment where everyone can join in and enjoy!

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.

MODERATE INTENSITY CLASSES

FREESTYLE AEROBICS - 45mins

Increase your heart rate and elevate your overall fitness through a freestyle cardio class. Every week offers something different and will get your heart pumping!

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.

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.

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.

BARRE - 45 mins

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

CONNECT30 STRENGTH - 30mins

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

CONNECT30 SPEED - 30mins

A combination style of training that blends strength-based exercises with aerobic conditioning. Ideal for boosting overall health and fitness.

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.

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.

HIGH INTENSITY 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 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 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.







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.

CONNECT30 AEROBIC - 30mins

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

LEGEND

-  GREEN ROOM
-  PURPLE ROOM
-  50M POOL
-  HYDRO POOL
-  GYM FLOOR
-  REFORMER PILATES