

# 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 Katie		BODY PUMP Mel B			
07:10	LES MILLS CORE Mel B								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 Tiz		
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 Strength	C30 Aerobic	C30 Aerobic	C30 Strength		
	08:20	C30 Aerobic	C30 Aerobic	C30 Strength	C30 Strength	C30 Strength	C30 Strength	
	09:20	C30 Strength	C30 Aerobic	C30 Strength	C30 Aerobic	C30 Strength	C30 Aerobic (9am)	
	16:30	C30 Strength						
	18:00	C30 Strength	C30 Strength	C30 Aerobic	C30 Strength			
	18:30		C30 Core		C30 Core			

Effective July 2025

# AQUA & HYDRO

MAIN POOL

HYDRO POOL

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

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

Effective July 2025

# REFORMER *Pilates* TIMETABLE

REFORMER PILATES STUDIO

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REFORMER PILATES	06:10	Reformer	Reformer	Reformer Beginner	Reformer			
	07:10	Reformer Beginner	Reformer Beginner	Reformer	Reformer Beginner	Reformer		
	08:30						Reformer	Reformer
	09:30	Reformer	Reformer Beginner	Reformer	Reformer Beginner	Reformer	Reformer Beginner	Reformer
	10:30	Reformer Beginner	Reformer Beginner	Reformer Beginner	Reformer Beginner	Reformer Beginner	Reformer	Reformer Beginner
	16:30	Reformer	Reformer Beginner	Reformer	Reformer	Reformer		
	17:30	Reformer Beginner	Reformer	Reformer Beginner	Reformer	Reformer Beginner		
	18:30	Reformer Beginner	Reformer		Reformer Beginner			

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# 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.

### MEDITATION - 45 mins

This class is designed for beginners to experienced students. Helping you to disconnect from the stress of everyday life, assisting with better sleep and fitness results, allowing your body & mind to release, reset and restore.

### 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.

### BARRE - 45 mins

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

### 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!

### PARENTS & BUBS - 45mins

These classes are a brilliant way to get new parents back into gentle exercise. Classes focus on a combination of light weights, body weight and connecting with your little one. **Open to all children 12 months and under.**

## 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.

### CONNECT30 STRENGTH - 30mins

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

### 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.

### 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.

### 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



**New class added this timetable.**



**An yellow flag on the timetable signals a chance to support this class to improve attendance.**



**If attendance doesn't improve, the yellow flag will be replaced with a red one. Continued lack of progress may lead to changes, which could include assigning a new instructor, altering the class format, or both.**