

GROUP FITNESS TIMETABLE

Group Fitness Room

Monday			Tuesday	Wednesday		Thursday	Friday	Saturday	Sunday
06:10	BODY PUMP Mel	Yoga (6:30am)* Alex	BODY BALANCE Katie	BODY PUMP Janny		LES MILLS SPRINT Mel	BODY PUMP Mel		
06:40						LES MILLS CORE Mel			
07:10	LES MILLS CORE Mel			BODY BALANCE Mandy			BODY BALANCE Kate		
08:30	ACTIVE ADULTS Claire		ACTIVE ADULTS Claire	ACTIVE ADULTS Andrea		ACTIVE ADULTS Izzy	YIN YOGA Debb	LES MILLS RPM™ Tiz/Nicole	BODY STEP Tara
09:30	BODY PUMP Ash/Kylie		RETRO DANCE Debb	BODY PUMP Andrea		BODY BALANCE Michelle	BODY PUMP Mandy	BODY PUMP Andrea	BODY BALANCE Nicole/Kylie
10:30			YOGA Alex			YOGA Debb			
10:45	ACTIVE ADULTS Claire			YIN YOGA Debb			ACTIVE ADULTS Anne	MOVE TO IMPROVE Andrea	
11:45	MAT PILATES Claire		ALL ABILITIES DANCE Anne	STRETCH Michelle		ALL ABILITIES DANCE Anne	MAT PILATES Claire		
12:30	TAI CHI Claire			ACTIVE ADULTS Anne					
16:30	BODY PUMP EXP Katie		BODY BALANCE EXP Michelle	BODY PUMP EXP Katie		BODY BALANCE EXP Katie	BODY PUMP EXP Katie		
17:30	BODY PUMP Janny		BODY STEP Tara	BODY PUMP Katie			YOGA Katie		
18:00						LES MILLS RPM™ Nicole			
18:40	CARDIO BOXING Mick		LES MILLS RPM™ Kate	BODY BALANCE* Katie	LES MILLS SPRINT™ Tiz	CARDIO BOXING Mick			

*Please note these classes are temporarily being run in the Multipurpose Room

FUNCTIONAL TRAINING

Gym Floor

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:10	C30 Strength	C30 Aerobic	C30 Power	C30 Cardio & Core	C30 Base		
07:30	C30 Strength	C30 Aerobic	C30 Power	C30 Cardio & Core	C30 Base	C30 Strength	
08:20	C30 Aerobic	C30 Power	C30 Cardio & Core	C30 Base	C30 Strength	C30 Strength	
09:20	C30 Strength	C30 Aerobic	C30 Power	C30 Cardio & Core	C30 Base	C30 Aerobic (9am)	
10:45	C30 Be Active Longer	C30 Be Active Longer	C30 Be Active Longer	C30 Be Active Longer	C30 Be Active Longer		
16:00	C30 Teen		C30 Teen		C30 Teen		
17:30	C30 Strength	C30 Aerobic	C30 Power	C30 Cardio & Core	C30 Base		
18:00	C30 Strength	C30 Aerobic	C30 Power	C30 Cardio & Core			
18:30		C30 Core					

AQUA & HYDRO

MAIN 50M POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00	Aqua Deep (8:10am) Kate	AquaFit Tiz	Aqua Deep Kate		Aqua Mild Tania		
08:30						AquaFit Sarsha	
08:45	Aqua Mild Kate	Aqua Mild Tiz	Aqua Mild Tania	Aqua Mild Nicole	Aqua Mild Tania		
19:00		AquaFit Tania		AquaFit Kath			

HYDRO POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:45	Warm Water Claire	Warm Water Tiz	Warm Water Tania	Warm Water Nicole	Warm Water Tania		
10:30			Warm Water Tania				
11:00		Hydrotherapy Group EP's	Mum's & Bubs Aqua Claire	Hydrotherapy Group EP's			
13:15	Private Booking Claire						

REFORMER *Pilates* TIMETABLE

REFORMER PILATES STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:10	Reformer Kate	Reformer Nicole	Reformer Beginner Nicole	Reformer Nicole			
07:10	Reformer Beginner Kate	Reformer Beginner Nicole	Reformer Nicole	Reformer Beginner Nicole	Reformer Issy		
08:30						Reformer Nicole/Monica	Reformer Nicole
09:30	Reformer Debb	Reformer Beginner Claire	Reformer Claire	Reformer Beginner Monica	Reformer Claire	Reformer Beginner Nicole/Monica	Reformer Nicole
10:30	Reformer Beginner Debb	Reformer Beginner Debb	Reformer Beginner Claire	Reformer Beginner Monica	Reformer Beginner Claire	Reformer Nicole/Monica	Reformer Beginner Nicole
16:30	Reformer Kobe	Reformer Beginner Issy	Reformer Jemima	Reformer Sally	Reformer Monica		
17:30	Reformer Beginner Kobe	Reformer Monica	Reformer Beginner Jemima	Reformer Sally	Reformer Beginner Monica		
18:30	Reformer Beginner Kobe	Reformer Monica	Reformer Jemima	Reformer Beginner Sally			

GROUP FITNESS TIMETABLE

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.

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!

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.

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.

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!

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.

CONNECT30 BASE – 30mins

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.

CONNECT30 BE ACTIVE LONGER – 30mins

Low impact, functional exercises & movements applicable to real life to aid in increasing muscle & bone strength as well as cardiovascular health.

CONNECT30 CARDIO & CORE – 30mins

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

CONNECT30 STRENGTH – 30mins

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

CONNECT30 POWER – 30mins

Unleash your inner power with a resistance based full body strength class.

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.

DEEP WATER AQUA – 30 mins

A deep-water workout using buoyancy belts, noodles and aqua dumbbells to boost cardio fitness while toning your whole body. Ideal for all fitness levels and gentle on the joints.

LES MILLS RPM™ – 50mins

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.

LES MILLS SPRINT™ – 40mins

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.

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.

MOVE TO IMPROVE – 45mins

Suitable for beginner to advanced participants, this low impact class combines aerobic moves with muscle toning exercises.

MUMS & BUBS AQUA – 30mins

Mums and Bubs Aqua is a gentle, low-impact water workout designed for new mums and their babies. This class focuses on improving fitness, core strength and posture while bonding with your little one in a safe and supportive environment.

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.

RETRO DANCE – 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!

STRETCH – 45mins

Stretch is a gentle, flexibility-focused class designed to release tension, improve mobility, and enhance posture. You'll increase range of motion, reduce muscle stiffness, and leave feeling relaxed, refreshed and recharged.

TAI CHI – 45mins

This is a gentle, flowing practice that combines slow, mindful movements with deep breathing to improve balance, flexibility and inner calm.

WARM WATER AQUA – 30mins

A gentle form of aqua exercise held in the hydrotherapy pool. The class is low intensity and has ramp access.

YIN YOGA – 55mins

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.

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.