GROUP FITNESS TIMETABLE

Group Fitness Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:10	**BODY PUMP** Mel	**BODY BALANCE** Katie	**BODY PUMP** Janny	**LES MILLS SPRINT** Mel	**BODY PUMP** Mel		
07:10			**BODY BALANCE** Mandy				
08:30	**ACTIVE ADULTS** Claire	**SENIOR BOXING** Anne	**MOVE TO IMPROVE** Anne	**ACTIVE ADULTS** Kay	**YIN YOGA** Debb	**LES MILLS SPRINT/ RPM™** Tiz/Nicole	**BODY STEP** Tara
09:30	**BODY PUMP** Ash/Kylie	**ACTIVE ADULTS** Mick	**BODY PUMP** Andrea	**BODY BALANCE** Michelle	**BODY PUMP** Mandy	**BODY PUMP** Andrea/Tiz	**BODY BALANCE** Nicole/Kylie
10:30		**YOGA** Alex		**YOGA** Debb			
10:45	**BODY BALANCE** Kylie		**YIN YOGA** Debb		**ACTIVE ADULTS** Anne	**MOVE TO IMPROVE** Andrea/Mick	
11:45	**MAT PILATES** Claire		**STRETCH** Andrea		**MAT PILATES** Claire		
12:30	**TAI CHI** Alex		**ACTIVE ADULTS** Anne		**TAI CHI** Claire		
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™** Tiz	**BODY BALANCE** Katie	**CARDIO BOXING** Mick			

AQUA & HYDRO

MAIN 50M POOL

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

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 (11:30am)** Claire	**Hydrotherapy Group*** EP's			
13:15	**Private Booking** Claire						

Exercise Physiology (EP) Programs: Please note these sessions are associated with an additional cost and require an initial consultation prior to attending.

ACTIVE SOCIAL HUB

Active Hub

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:10	C30 Strength	C30 Aerobic	C30 Power	C30 Resistance	C30 Cardio & Core	Unavailable for Open Use
07:30	C30 Strength	C30 Aerobic	C30 Power	C30 Resistance	C30 Cardio & Core	C30 Strength*
08:30	C30 Strength	B Active Longer - Aerobic	C30 Power	B Active Longer - Strength	C30 Cardio & Core	C30 Strength*
09:30	C30 Strength	B Active Longer - Aerobic	C30 Power	B Active Longer - Strength	C30 Cardio & Core	C30 Aerobic (9am)*
10:45	B Active Longer - Circuit	B Active Longer - Aerobic	B Active Longer - Circuit	B Active Longer - Strength	B Active Longer - Circuit	Unavailable for Open Use
11:30		All Abilities Dance Anne		All Abilities Dance Anne	All Abilities Dance Anne	Unavailable for Open Use
12:30	Sensory Hour					
16:30	C30 Teen	C30 Aerobic	C30 Teen	C30 Resistance	Women's Only Open Use	Unavailable for Open Use
17:30	C30 Strength	C30 Aerobic	C30 Power	C30 Resistance		
18:00	C30 Strength	Unavailable for Open Use	C30 Power	Unavailable for Open Use		

*Please note Saturday morning classes will be located on the gym floor until further notice.

REFORMER *Pilates* TIMETABLE

REFORMER PILATES STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:10	**Reformer** Jemima	**Reformer** Nicole	**Reformer Beginner** Nicole	**Reformer** Nicole	**Reformer** Issy		
07:10	**Reformer Beginner** Jemima	**Reformer Beginner** Nicole	**Reformer** Nicole	**Reformer Beginner** Nicole	**Reformer** Issy		
08:30						**Reformer** Nicole/Monica	**Reformer** Nicole
09:30	**Reformer Beginner** Debb	**Reformer Beginner** Debb	**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
11:30	**Baby & Me** Brooke						
16:30	**Reformer** Sally	**Reformer Beginner** Issy	**Reformer** Jemima	**Reformer** Kobe	**Reformer** Monica		
17:30	**Reformer Beginner** Sally	**Reformer** Issy	**Reformer Beginner** Jemima	**Reformer** Kobe	**Reformer Beginner** Monica		
18:30	**Reformer Beginner** Sally	**Reformer** Issy	**Reformer** Jemima	**Reformer Beginner** Kobe			

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.

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.

BABY & ME REFORMER PILATES – 45mins
A safe and supportive Reformer Pilates class designed for new mothers. Focus on strength, posture, stability and pelvic floor awareness to help support the body through postpartum recovery.
6 week medical clearance required.

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.

SENIOR BOXING - 45mins
A fun and supportive boxing class for older adults, focused on improving fitness, strength, balance and coordination in a safe and welcoming environment. No boxing experience required.

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.

Gurri Wanyarra WELLBEING CENTRE

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