







Group Fitness Timetable

Updated: April 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	Max Combo	Active Adults	Body Pump	MAX Combo	HIIT45		
		Body Step			Body Step		
7:00am						Aqua	
7:15am	Active Adults	Cardio Fitball	Mat Pilates	Spin/Cycle*			
7:30am	Active Aqua		Active Aqua	*8 week trial until 2 May 2024	Active Aqua		
8:00am			Meditation			Yoga	
					Body Pump		
8:15am	Active Adults	Active Adults	Active Adults	Active Adults	Active Adults		
9:00am							Active Adults
							Body Pump
9:15am			Active Adults			Zumba Fitness	
9:30am	Circuit					Circuit	
10:00am		Yoga	Yoga	Yoga	Deep Water Aqua		Mat Pilates
10:30am	Yoga					Boxing	
						Yoga & Meditation	
11:00am		Active Adults	Active Aqua	Active Adults	Active Aqua		
					Yoga		
12:00pm			Body Pump		Active Adults Zumba Gold		
12:30pm			Mat Pilates				
			Mat Pilates				
6:00pm	MAX Strength	Yoga	Strong Flow Yoga	MAX Combo	Legend  Class conducted in Group Fitness Studio  Class conducted in Program Room  Class conducted in the 25m indoor pool  Class conducted in the 50m outdoor pool  Class conducted in the outdoor dive pool  Class conducted online		
		Boxing	Body Pump				
6:30pm	Mat Pilates	Deep Water Aqua	Mat Pilates				
6:45pm							
7:00pm			GRIT Athletic				
7:15pm		Zumba Fitness	Zumba Gold/Toning				
		Body Pump					
7:30pm	Aqua						

STRENGTH BASED CLASSES

LES MILLS BODY PUMP

BODYPUMP is a total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health. Your instructor will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

Duration: 30 & 45 minutes | Intensity: Moderate to Hard

MAX COMBO AND MAX STRENGTH

These motivating workouts incorporate cardio, strength and core exercises. Take it at your own pace and your intensity level.

Participants will use mixed equipment types to workout to the MAX!

Duration: 45 minutes | Intensity: Moderate to Hard

HIIT

Experience high energy interval training. Participants will use mixed equipment types to get a full body hard core workout!

Duration: 45 minutes | Intensity: Moderate to Hard

FITNESS CLASSES

LES MILLS GRIT SERIES

The LES MILLS GRIT series is a high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

GRIT Athletic: Combines GRIT Strength and Cardio with sports inspired movements to bring out your inner athlete.

Duration: 30 minutes | Intensity: Hard to Very Challenging

LES MILLS BODY STEP

A mixture of upbeat, rhythmic stepping to fun motivational music, 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! Don't worry, there's heaps of options so that everyone leaves feeling successful.

Duration 45 minutes | Intensity: Moderate to Hard

BOXING

Focusing on correct boxing technique and incorporating skills, drills and agility work. This class is a full body conditioning workout designed to get your heart pumping and the endorphins flowing.

Duration: 45 minutes | Intensity: Moderate to Hard

SPIN

Hop on a bike and boost your cardiovascular fitness with Spin. Experience the ultimate in interval training pushing your limits through sprints, hill climbs and endurance. High intensity and low impact makes this a great option.

Duration: 45 minutes | Intensity: Moderate to Hard

ZUMBA FITNESS

A dance fitness workout set to Latin & International rhythms. Try Salsa, Merengue, Cumbia & more! Perfect for dancers and non-dancers alike.

Duration: 45 minutes | Intensity: Moderate

ZUMBA GOLD/TONING

Zumba Gold/Toning is a low impact and simple dance fitness workout. You will use light hand weights to tone and shape your body whilst dancing to Latin & International rhythms. This class is perfect if you are just starting out.

Duration: 45 minutes | Intensity: Low to Moderate

WELLBEING CLASSES

MAT PILATES

Increase mind-body awareness through the practice of Mat Pilates. Improve posture, functional strength, balance, flexibility, coordination and performance. Feel longer, leaner and more relaxed.

Duration: 45 minutes | Intensity: Low to Moderate

YOGA

An ancient process to enhance body and mind. You'll learn the main postures (asanas), flexibility, basic breathing techniques (pranayama) and relaxation. Our traditionally trained teachers will carefully guide you through your practice.

Duration: 60-75 minutes | Intensity: Low to Moderate

STRONG FLOW YOGA

A combination of vinyasa (dynamic sequences with synchronised breath-movement) and long holds in key asanas / postures. Challenge your body and mind while building strength & flexibility physically and mentally.

Duration: 60 minutes | Intensity: Moderate to Hard

AQUA FITNESS CLASSES

AQUA

Aqua aerobics is suitable for all levels. Surrounded by water you will push and pull using dumbbells and noodles to burn calories and tone up.

Duration: 45 minutes | Intensity: Moderate to Hard

DEEP WATER AQUA

In this deep-water aqua class, you will challenge your fitness and strength using water resistance to build muscle and lose weight. This class is no impact and perfect for runners and off-season athletes.

Duration: 45 minutes | Intensity: Moderate

ACTIVE ADULTS CLASSES

These low impact classes are about keeping fit while having fun and making friends. They are designed for those who are starting their fitness journey and for older adults with a focus on low impact movements and low risk activity at an achievable pace.

ACTIVE ADULTS

Combination of strength, cardiovascular and flexibility training for a holistic workout.

Duration: 45 minutes | Intensity: Low to Moderate

AQUA FOR ACTIVE ADULTS

Specifically designed for beginner exercisers and older adults. The low impact movements combined with muscle and bone strengthening exercise will prompt long lasting health all while in a fun and social atmosphere.

Duration: 45 minutes | Intensity: Low to Moderate

CARDIO FITBALL FOR ACTIVE ADULTS

Cardio Fitball tones and shapes your entire body using a swiss ball. This class also develops balance and coordination.

Duration: 45 minutes | Intensity: Low to Moderate

ZUMBA GOLD FOR ACTIVE ADULTS

Zumba Gold is a low impact and simple dance fitness workout. Have fun while working on your balance, fitness and coordination while dancing to a variety of world rhythms.

Duration: 45 minutes | Intensity: Low to Moderate