

# Group Fitness Timetable

2026

Group Fitness		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:15am	<b>C30 Aerobics</b>	<b>C30 Functional</b>	<b>Body Balance</b>	<b>C30 Strength</b>	<b>Body Step</b>		
	7:00am					<b>Run Club</b>		
	8:15am	<b>Zumba Seated (8:30am)</b>	<b>Zumba (8:30am)</b>	<b>LM Dance (9:15am)</b>	<b>Chair Fitness Class</b>	<b>Zumba (8:30am)</b>	<b>Body Step (8:00 am)</b>	<b>Core &amp; More</b>
	9:30am	<b>Cardio Sculpt</b>	<b>C30 Aerobics (9:30am)</b>	<b>Body Balance (10:15am)</b>	<b>Body Pump (9:15am)</b>	<b>Body Balance</b>	<b>LM Dance</b>	<b>Body Pump (9:15am)</b>
	10:30am	<b>Stretch &amp; Align</b>	<b>Stretch &amp; Align</b>	<b>B Active Longer Circuit (10:00am)</b>	<b>B Active Longer Circuit</b>	<b>B Active Longer Aerobics (10:45am)</b>	<b>Chair Fitness Class</b>	<b>Stretch &amp; Align</b>
	11:30am	<b>B Active Longer Circuit</b>	<b>Pilates</b>	<b>B Active Longer Circuit (10:45am)</b>	<b>Pilates</b>	<b>Stretch &amp; Align (11:30am)</b>		
	4:00pm		<b>Teen Gym (4:30pm)</b>		<b>Teen Gym (4:30pm)</b>		<b>Body Balance</b>	
	5:30pm	<b>Body Step</b>	<b>Body Pump</b>	<b>Boxfit</b>	<b>C30 Strength</b>	<b>Vinyasa Yoga</b>		
	6:30pm	<b>Yoga</b>	<b>Yoga</b>	<b>Body Step</b>	<b>Zumba</b>			

Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:15am		<b>Aqua 50m (South End)</b>			<b>Aqua 50m (South End) 8:00AM</b>		
	9:15am	<b>Aqua 50m (South End)</b>		<b>Aqua 50m (South End)</b>	<b>Aqua 50m (North End)</b>		<b>Aqua 50m (South End)</b>	<b>Aqua 50m (North End)</b>
	10:30am	<b>Aqua Program</b>			<b>Aqua Program</b>			
	7:00pm	<b>Aqua 50m (South End)</b>						

# Class Descriptions

## **Aqua**

The resistance in the water provides a great workout improving your cardio, strength and mobility while your joints are safely supported to minimise impact.

## **Box Fit**

A low impact, high-energy workout that incorporates solid pad work, weight training and conditioning, functional and circuit training with an emphasis placed on boxing.

## **Chair Fitness Class**

A 45-minute fitness class with a combination of gentle cardio, strength training, flexibility exercises and relaxation techniques. It is a fun and accessible way to improve your overall health and well-being from the comfort of your chair.

## **C30 (Aerobic, Functional & Strength)**

Sports inspired workouts that build strength, stamina and utilises functional body movements to help achieve your fitness goals quickly. This high intensity interval training class combines athletic, strength and endurance exercises in a fun group environment.

## **Les Mills BodyBalance**

The holistic Yoga, Tai Chi, Pilates workout that builds your flexibility and strength while leaving your feelings centred and calm. Controlled breathing, concentration and a structured series of moves helps you achieve balance and strengthen your entire body.

## **RunClub**

Join a group of like-minded people and head outdoors for a run around the local community. Whether you are a beginner or training for an event, this class is suitable for all fitness levels.

## **Stretch & Align**

A class to improve your postural alignment, strength, flexibility and range of motion in every joint through mat stretching.

## **Strength and Conditioning**

A general physical preparation program for all levels that focusses on building foundational strength, mobility, flexibility while also testing aerobic capacity.

## **Zumba**

Party yourself into shape with this exhilarating, easy to follow, Latin-inspired, calorie-burning dance fitness party that moves everyone towards joy and health.

## **Les Mills BodyPump**

The original barbell workout to get you lean, toned and fit by using the most effective weight-based exercises with lots of repetition as you pump out your workout to motivational music.

## **Les Mills BodyStep**

An interval-training workout with bursts of aerobic activity that combines basic stepping with upper body moves. Step workouts are fun, energetic, friendly and results based group experiences.

## **Les Mills Dance**

An insanely addictive group dance class that incorporates innovative dance movements that work cohesively with music inspired by global dance genres.

## **Pilates**

Pilates will help improve balance, posture, core strength and flexibility which are essential for injury prevention. It caters to all fitness levels and will leave you feeling strong and invigorated.

## **B Active Longer Circuit**

A class focused on enhancing longevity through balance, aerobic fitness and strength training to maintain muscle and bone health. Tailored for adults seeking to maintain vitality and wellbeing and perfect for anyone looking to exercise in a supportive, community-focused environment.

## **B Active Longer Aerobics**

A low impact class designed to increase cardiovascular fitness, balance and coordination. It combines the key components of physical fitness and a great way to increase your step count.

## **Teen Gym**

Designed for teens aged 12-15 years as an introduction to the gym and effective workouts under the guidance of a qualified trainer. It is a great session to learn the key fundamental movements for the growing body.

## **Yoga**

A flowing and meditative class for healing and restoring balance within the mind, body and spirit. Poses are practiced to align, strengthen and promote flexibility in the body and also integrates breathing techniques.