Summer 2026

Group Exercise Timetable

Group Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am	C30 Aerobics	C30 Functional	BODY BALANCE™	C30 Strength	BODYSTEP™		
7:00am					Run Club		
8:30am	Zumba Seated	Zumba	Body Sculpt (9:15am)	Chair Fitness Class (8:15am)	Zumba	BODYSTEP™ (8:00am)	Core & More (8:15am)
9:30am	Cardio Sculpt	C30 Aerobics	B Active Circuit (In Gym) (10:15am)	BODYPUMP™ (9:15am)	BODY BALANCE™	LM Dance	BODYPUMP™ (9:15am)
10:30am	Stretch & Align	Stretch & Align	BODY BALANCE™ (10:15am)	B Active Circuit	B Active Aerobics (10:45am)	Chair Fitness Class	Stretch & Align
11:30am	B Active Strength	Pilates Strength	B Active Circuit (In Gym) (11:15am)	Pilates	Stretch & Align (11:45am)		
4:30pm		Teen Gym				BODY BALANCE™ (4:00pm)	
5:30pm	Pilates Strength	BODYPUMP™	Boxfit	Cardio Strength	Yoga		
6:30pm	Yoga	Yoga	BODYSTEP™	Zumba			

Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am		Aqua 50m (South End)			Aqua 50m (South End) (8:00am)		
9:15am	Aqua 50m (South End)		Aqua 50m (South End)	Aqua 50m (North End)		Aqua 50m (South End)	Aqua 50m (North End)
10:30am	Aqua Program			Aqua Program			
12:30pm				Aqua Zumba			

LAKESIDE
LEISURE CENTRE

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.

Aqua Zumba
Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during a class so you can let loose.

B Active 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.

B Active Circuit
A class focused on enhancing longevity through balance, aerobic fitness and strength training to maintain muscle and bone health.

B Active Strength
A rejuvenating class focused on enhancing longevity through balance and strength training. Tailored for adults seeking to maintain vitality and wellbeing.

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.

Core & More
Core & More is a dynamic fitness class that focuses on full body strength and conditioning, which will tone tummy, hips, thighs. The class involves bodyweight exercises, and functional equipment.

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.

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.

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.

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.

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.