

GROUP FITNESS CLASSES

TIMETABLE

SUMMER
2025

	MON	TUES	WED	THURS	FRI
MAIN STUDIO	6:00 AM				
	9:00 AM		Gym Strength 45min (Narelle)		Fitness Blast 45min (Bec)
	10:00AM	Beginners Hour 1 hour (Instructor supported)	Beginners Hour 1 hour (Instructor supported)		
	10:00 AM		Tai Chi 45min (Narelle)		Core & Tone 45 min (Bec)
	10:30AM			Active Longer 45min (Narelle)	
	12:00 PM	BODYPUMP 45min (Bec)	Balance & Stretch 45min (Narelle)	Balance & Stretch 45min (Narelle)	BODYPUMP 45min (Bec)
	1:00 PM			Beginners Hour 1 hour (Instructor supported)	
	4:00 PM	TEEN GYM 4-7pm (Erin)	Teen Gym 4-7pm		
	5:00 PM	*Every second Monday			
	6:00 PM		Strength and Conditioning 45 minutes (Narelle)		

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change | * Separate fees apply for SwimFit KEEP AN EYE OUT FOR POP UP SATURDAY MORNING CLASSES!

GROUP FITNESS CLASSES

TIMETABLE

Aquatics

	MON	TUES	WED	THURS	FRI
6:00 AM					
8:45 AM		Aqua 45min (Narelle)		Aqua 45min (Narelle)	
9:00 AM	Aqua 45min (Narelle)				
9:30AM		SwimFit* 45min (Ainsley)			
6:00 PM	SwimFit* 45min (Ainsley)	Aqua 45min (Narelle)			

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DESCRIPTIONS

Summer 2025

BALANCE AND STRETCH

A unique whole body stretching and flexibility workout that integrates muscle control, breathing and body awareness.

GYM STRENGTH

Do you feel uneasy in a gym-based setting? If the answer is yes, this is the class for you! Focusing on education and confidence in a gym environment, this class will teach you lifting techniques and correct form for lifting heavy – in a safe, fun and judgment free zone!

CORE & TONE

Using a variety of movements, this class focuses on posture and strength to tighten your core. Improve balance and stability whilst taking your fitness to the next level.

BEGINNERS HOUR (not a class)

An hour in the gym designed for those starting their fitness journey or unsure of where to begin. With Qualified fitness instructors available to assist, empower and educate you in the gym giving you the confidence to succeed on your fitness journey.

AQUA

Aqua is the performance of aerobic exercise in a water-based setting. Raise your heart rate while being supported by the water.

SWIMFIT

Adult based swim squad suitable for all levels of ability and fitness.

**Separate fee applies. Please ask our friendly staff for more information.*

STRENGTH AND CONDITIONING

Elevate your fitness game in our dynamic Strength and Conditioning class! Designed for all fitness levels, this class combines a variety of training facets to build strength, improve endurance, and enhance overall athletic performance.

TEEN GYM

Exclusive for 12 to 17 year olds, this gym floor session provides teens with supervised gym access, to ensure that all exercises are performed safely and correctly.

TAI CHI

A Chinese martial art and a system of calisthenics. Featuring sequences of slow, controlled movements, Tai Chi is the ultimate source and limit of reality. If you are searching for a class that is designed for relaxation, balance and health, this is the one for you.

BODY PUMP

Barbell-based workout that is specifically designed to get your heart rate up and your blood pumping! Focusing on isolated muscle movements, this class is designed to get you toned and fit.

FITNESS BLAST

Medium to high impact class which is organised around a combination of strength, cardio, endurance, power and core exercises using functional movement patterns. You will target all major muscle groups in one workout. Often circuit or pyramid-based training that welcomes all levels of fitness.