

GROUP FITNESS CLASSES

TIMETABLE

SPRING
TIMETABLE
2025

		MON	TUES	WED	THURS	FRI
MAIN STUDIO	8:45AM		Gentle Aqua ^ 45min (Narelle)		Gentle Aqua ^ 45min (Narelle)	
	9:00 AM	Deep Water Aqua 45min (Narelle)		Gym Strength 45min (Narelle)		Fitness Blast 45min (Bec)
	9:30AM		SwimFit* 45min (Ainsley) Adult Swimming Lessons			
	10:00 AM	SPIN 30 30min (Bec)		Tai Chi ^ 45min (Narelle)		Boxing 45min (Bec)
	10:30AM		Beginners Hour 1 hour (Instructor supported)		B Active Longer ^ 45min (Narelle)	
	11:00AM			Deep Water Aqua 45min (Narelle)		Core & Tone 30 min (Bec)
	12:00 PM	BODYPUMP 45min (Bec)	Balance & Stretch 45min (Narelle)			
	1:00 PM				Beginners Hour 1 hour (Instructor supported)	
	4:00 PM	TEEN GYM 4-6pm (Erin)				
	5:00 PM			TEEN GYM 4-6pm (Erin & Bec)	4:30- 5:15 Pre-Teen's Training class 45min (Erin) ONLY \$2	
	6:00 PM	SwimFit* 45min (Ainsley)	Deep Water Aqua 45min (Narelle)	Strength and Conditioning 45 minutes (Narelle)		

GROUP FITNESS CLASSES

DESCRIPTIONS

WINTER 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.

B Active Longer

Low impact circuit-based workout for those young at heart. Great opportunity to engage all your muscles, improve bone density with weight bearing exercises in safe and social environment.

SPIN 30

In this 30-minute-high intensity class on a stationary spin bike you are guaranteed to get that heart rate up a feel energised.

BOXING

A mixture of cardio and strength working all parts of your body to perfect that perfect punch! Suitable for all fitness types and equipment can be provided

PRE TEEN CLASS

Develop coordination, balance, and agility
Build strength and endurance using bodyweight and light resistance
Encourage teamwork and social interaction
Promote a positive attitude toward fitness and health. For youth aged 8-12 years old.

PLEASE BRING A TOWEL TO EVERY CLASS