

GROUP FITNESS CLASSES

TIMETABLE

SPRING/SUMMER
2026

	MON	TUES	WED	THURS	FRI	SAT
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)	Mat Pilates 45min (Holy)
10:00AM	Cardio Mix 45min (Anika)		Tai Chi ^ 45min (Narelle)		Boxing 45min (Bec)	
10:30AM		Quiet Hour 1 hour (Instructor supported)		B Active Longer ^ 45min (Narelle)		
11:00AM	Tai Chi ^ 45min (Narelle)		Deep Water Aqua 45min (Narelle)			
12:00 PM	Body Pump 45min (Bec)	Balance & Stretch 45min (Narelle)		Total Body Strength 45min (Bec) *NEW*		
4:00 PM	TEEN GYM 4-6pm		TEEN GYM 4-6pm	Pre Teen Movers 45min *8-12 year*		
5:00 PM						
6:00PM		Mat Pilates 45min (Holly)				
6:00 P M		Deep Water Aqua 45min (Narelle)	Mat Pilates 45min (Holly)	Deep Water Aqua 45min (Narelle)		
	Adult Squad 45min \$9.50					

GROUP FITNESS CLASSES

DESCRIPTIONS

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!

QUIET HOUR (not a class)

Quiet Hour supports those who prefer a more relaxed workout space, including those with sensory sensitivities, anxiety, or anyone seeking a peaceful gym experience. During this hour, background music is reduced or turned off, and noise is kept to a minimum

AQUA

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

ADULT SQUAD

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

TOTAL BODY STRENGTH

Build strength, improve fitness, and boost confidence in this full-body circuit. Using a variety of equipment and functional exercises, you'll target all major muscle groups while improving endurance, balance, and overall strength

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.

Cardio Mix / HITT

In this 45-min class you will feel energised to take on the week! A mix of cardio, high intensity strength and all-round good vibes to get you started.

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

MAT PILATES

low-impact exercise method that focuses on core strength, flexibility, and mindful movement, performed a mat without the use of specialised equipment

PRE TEEN MOVERS

A fitness class designed for kids aged 8-12 years to engage in fitness, learn new things in a safe and encouraging environment.

Class prices

Adult \$17.20

Concession \$12

^ Healthy life prices \$8.80

Pre teen \$4.00

PLEASE BRING A TOWEL TO EVERY CLASS