



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35am	Spin		Les Mills RPM			Gym ope	ns at 8am
6:00am		B-Zone		Pump	B-Zone		
8:05am						Les Mills Sprint	
8:30am							Les Mills Body Balance
9:00am		Line Dancing	New Body		Super Circuit		
9:30am	Aqua Deep	J		Step HIIT		Aqua Deep	Aqua Fit
9:50am			Aqua Fit				
10:30am	New Body	Aqua Senior		Aqua Senior			
12:05pm		Spin			Spin		
5:30pm	Les Mills Body Combat	Les Mills Body Pump	Step HIIT	B-Zone			

All classes are included in our FULL gym membership and all classes are open to non-members.

Adult casual participants \$10.00

Students, senior or community service card holders casual participant \$6.00

10 trip adult concession card \$180

10 trip adult aqua aerobics \$90

10 trip senior aqua aerobics \$54.00

10 trip gym pass **\$120**



is very low impact.



you will work your entire body.

Tuesday & Friday 5:30pm This high energy mixed martial arts class is 45 minutes worth of punching, kicking and ducking (non-contact of course). You will leave feeling stress free & energized. Spin: Monday 5:35am / Tuesday & Friday 12pm 45 minutes of constant work. Pedal through a series of hill climbs, sprints & endurance tracks which is guaranteed to spike your heart rate. Spin is great for cardio fitness. Super Circuit: Friday 9am A mixture of your favourite 90's aerobic combos & resistance stations to increase strength & endurance. Ideal for all ages & abilities. Step-HIIT: Wednesday 5:30pm / Thursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water, of your give provided through a series of breathing techniques, to only a series of breathing techniques, to only a for pretation, Body Pump gives you are coached through a series of breathing techniques, stretches & simple movements. It will leave you feeling relaxed, centered & ready to start you day. Les Mills RPM: Wednesday 9:35am A cycling workout in only 45 minutes. Les Mills RPM: Wednesday 9:35am A cycling workout where you're led through hills, flats, time trials & interval training. Control your own resistance levels to increase fitness over time. It's a journey not a race. Super Circuit: Friday 9am A mixture of your favourite 90's aerobic combos & resistance stations to increase strength & a low in pretact class which offers a range of aerobic exercises focusing on strength, balance & mobility to improve breathing & energy levels. Step-HIIT: Wednesday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements. Each exercise is placed by a highly skilled trainer & can be modified to suit fitness					
This high energy mixed martial arts class is 45 minutes worth of punching, kicking and ducking (non-contact of course). You will leave feeling stress free & energized. Spin: Monday 5:35am / Tuesday & Friday 12pm 45 minutes of constant work. Pedal through a series of shill climbs, sprints & endurance tracks which is guaranteed to spike your heart rate. Spin is great for cardio fitness. Super Circuit: Friday 9am A mixture of your favourite 90's aerobic combos & resistance stations to increase strength & endurance. Ideal for all ages & abilities. Step-HIIT: Wednesday 5:30pm / Thursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. This barbell workout is perfect if you are wanting to tone up & get fit fast. Using light to moderate weights with lots of repetition, Body Pump gives weight movements. It will leave you feeling relaxed, centered & ready to start you day. Les Mills RPM: Wednesday 5:35am A cycling workout where you're led through hills, flats, time trials & interval training. Control your own resistance levels to increase fitness over time. It's a journey not a race. Les Mills Sprint: Saturday 8:05am A 30-minute version of RPM at high intensity. Monday 0;30am/Vibursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of the water to tone the satisface of water belts & resistance of the water, body, this high energy & fun class will strengthen	Les Mills Body Combat:				
minutes worth of punching, kicking and ducking (non-contact of course). You will leave feeling stress free & energized. Spin: Monday 5:35am / Tuesday & Friday 12pm 45 minutes of constant work. Pedal through a series of hill climbs, sprints & endurance tracks which is guaranteed to spike your heart rate. Spin is great for cardio fitness. Super Circuit: Friday 9am A mixture of your favourite 90's aerobic combos & resistance stations to increase strength & endurance. Ideal for all ages & abilities. Step-HIIT: Wednesday 5:35am / Thursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. A qua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water, by the first of the water, and the first of the water, body, this high energy & fun class will strengthen	·	, , ,	•		
weights with lots of repetition, Body Pump gives you a full body workout in only 45 minutes. Spin: Monday 5:35am / Tuesday & Friday 12pm 45 minutes of constant work. Pedal through a series of hill climbs, sprints & endurance tracks which is guaranteed to spike your heart rate. Spin is great for cardio fitness. Super Circuit: Friday 9am A mixture of your favourite 90's aerobic combos & resistance stations to increase strength & endurance. Ideal for all ages & abilities. Step-HIIT: Wednesday 5:30pm / Thursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Mednesday 9:50am & Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water, of the water to tone the body, this high energy & fun class will strengthen		This barbell workout is perfect if you are wanting	A combination of Tai Chi, Pilates & Yoga. In 45		
free & energized. you a full body workout in only 45 minutes. Spin: Monday 5:35am / Tuesday & Friday 12pm 45 minutes of constant work. Pedal through a series of hill climbs, sprints & endurance tracks which is guaranteed to spike your heart rate. Spin is great for cardio fitness. Super Circuit: Friday 9am A mixture of your favourite 90's aerobic combos & resistance stations to increase strength & endurance. Ideal for all ages & abilities. Step-HIIT: Wednesday 5:35pm / Thursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of water belts & resistance of the water,	minutes worth of punching, kicking and ducking	to tone up & get fit fast. Using light to moderate	minutes, you are coached through a series of		
Spin: Monday 5:35am / Tuesday & Friday 12pm 45 minutes of constant work. Pedal through a series of hill climbs, sprints & endurance tracks which is guaranteed to spike your heart rate. Spin is great for cardio fitness. Super Circuit: Friday 9am A mixture of your favourite 90's aerobic combos & resistance stations to increase strength & endurance. Ideal for all ages & abilities. Step-HIIT: Wednesday 5:35am A 30-minute version of RPM at high intensity. Step-HIIT: Wednesday 5:30pm / Thursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of water belts & resistance of the water, body, this high energy & fun class will strengthen Les Mills RPM: Wednesday 5:35am A cycling workout where you're led through hills, flats, time trials & interval training. Control your own resistance levels to increase fitness over time. It's a journey not a race. Les Mills RPM: Wednesday 5:35am A cycling workout where you're led through hills, flats, time trials & interval training. Control your own resistance levels to increase fitness over time. It's a journey not a race. Les Mills Sprin: Stepter led through hills, flats, time trials & interval training. Control your own resistance of the benefits of line dancing. Increase your fitness, strength, balance & agility. Line dancing is a great way to make new friends & boost your self-confidence. New Body: Monday 10:30am/Wednesday 9:00am This class is a low impact class which offers a range of aerobic exercises focusing on strength, balance & mobility to improve your strength & fitness through a combination of individual & teambased movements. Each exercise is placed by a highly skilled trainer & can be modified to suit fitness levels, injuries & limitations.	(non-contact of course). You will leave feeling stress	, , , ,	breathing techniques, stretches & simple		
Spin: Monday 5:35am / Tuesday & Friday 12pm 45 minutes of constant work. Pedal through a series of hill climbs, sprints & endurance tracks which is guaranteed to spike your heart rate. Spin is great for cardio fitness. Super Circuit: Friday 9am A mixture of your favourite 90's aerobic combos & resistance stations to increase strength & endurance. Ideal for all ages & abilities. Step-HIIT: Wednesday 5:35am / Tuesday 9am A 30-minute version of RPM at high intensity. Step-HIIT: Wednesday 5:30pm / Thursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water, by the final series of hill climbs, sprints wednesday 5:35am Les Mills RPM: Wednesday 5:35am A cycling workout where you're led through hills, flats, time trials & interval training. Control your own resistance levels to increase fitness over time. It's a journey not a race. Les Mills RPM: Wednesday 5:35am A cycling workout where you're led through hills, flats, time trials & interval training. Control your own resistance levels to increase fitness over time. It's a journey not a race. New Body: Monday 10:30am/Wednesday 9:00am This class is a low impact class which offers a range of aerobic exercises focusing on strength, balance & mobility to improve breathing & energy levels. B-Zone: Tuesday & Friday 10:30am/Wednesday 9:30am This class is a low impact class which offers a range of aerobic exercises focusing on strength, balance & mobility to improve breathing & energy levels. B-Zone: Tuesday & Friday 9:30am / Thursday 9:30am The command of the pool with of the deep and of the pool. With the assistance of the water to tone the benefits of lines a large way to make new friends & boost word make new friends & large way to make new friends & boost mobility. Line dancing is	free & energized.	you a full body workout in only 45 minutes.	movements. It will leave you feeling relaxed,		
## Wednesday 5:35am Tuesday & Friday 12pm Wednesday 5:35am Tuesday 9am A cycling workout where you're led through hills, glars, time trials & interval training. Control your own resistance levels to increase fitness over time. It's a journey not a race. Super Circuit: Friday 9am A 30-minute version of RPM at high intensity. Saturday 8:05am A 30-minute version of RPM at high intensity.			centered & ready to start you day.		
A cycling workout where you're led through hills, of hill climbs, sprints & endurance tracks which is guaranteed to spike your heart rate. Spin is great for cardio fitness. Super Circuit: Friday 9am	Spin:	Les Mills RPM:	Line Dancing:		
of hill climbs, sprints & endurance tracks which is guaranteed to spike your heart rate. Spin is great for cardio fitness. Super Circuit: Friday 9am A mixture of your favourite 90's aerobic combos & resistance stations to increase strength & endurance. Ideal for all ages & abilities. Step-HIIT: Wednesday 5:30pm / Thursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of water belts & resistance of the water, flats, time trials & interval training. Control your own resistance levels to increase fitness over time. It's a journey not a race. Les Mills Sprint: Saturday 8:05am A 30-minute version of RPM at high intensity. Saturday 8:05am A 30-minute version of RPM at high intensity. Saturday 8:05am A 30-minute version of RPM at high intensity. B-2one: Tuesday & Friday 6am / Thursday 5:30pm Come along to B-Zone to improve your strength & fitness through a combination of individual & teambased movements. Each exercise is placed by a highly skilled trainer & can be modified to suit fitness levels, injuries & limitations. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of the water to tone the body, this high energy & fun class will strengthen Using the resistance of the water to tone the body, this high energy & fun class will strengthen	Monday 5:35am / Tuesday & Friday 12pm	Wednesday 5:35am	Tuesday 9am		
guaranteed to spike your heart rate. Spin is great for cardio fitness. Super Circuit: Friday 9am A mixture of your favourite 90's aerobic combos & resistance stations to increase strength & endurance. Ideal for all ages & abilities. Step-HIIT: Wednesday 5:30pm / Thursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water, Wednesday 5:30pm / Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great way to make new friends & boost your self-confidence. New Body: Monday 10:30am/Wednesday 9:00am This class is a low impact class which offers a range of aerobic exercises focusing on strength, balance & mobility to improve breathing & energy levels. B-Zone: Tuesday & Friday 6am / Thursday 5:30pm Come along to B-Zone to improve your sterngth & fitness through a combination of individual & teambased movements. Each exercise is placed by a highly skilled trainer & can be modified to suit fitness levels, injuries & limitations. Aqua Deep: Monday 9:30am Using the resistance of the water to tone the body, this high energy & fun class will strengthen	45 minutes of constant work. Pedal through a series	A cycling workout where you're led through hills,	Experience the benefits of line dancing. Increase		
Super Circuit: Friday 9am A mixture of your favourite 90's aerobic combos & resistance stations to increase strength & endurance. Ideal for all ages & abilities. Step-HIIT: Wednesday 5:30pm / Thursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water,	of hill climbs, sprints & endurance tracks which is	flats, time trials & interval training. Control your	your fitness, strength, balance & agility. Line		
Super Circuit: Friday 9am A mixture of your favourite 90's aerobic combos & resistance stations to increase strength & endurance. Ideal for all ages & abilities. Step-HIIT: Wednesday 5:30pm / Thursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water,	guaranteed to spike your heart rate. Spin is great for	own resistance levels to increase fitness over time.	dancing is a great way to make new friends & boost		
A mixture of your favourite 90's aerobic combos & resistance stations to increase strength & endurance. Ideal for all ages & abilities. Step-HIIT: Wednesday 5:30pm / Thursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Intensity Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 10:30am/Wednesday 9:00am This class is a low impact class which offers a range of aerobic exercises focusing on strength, balance & mobility to improve breathing & energy levels. B-Zone: Tuesday & Friday 6am / Thursday 5:30pm Come along to B-Zone to improve your strength & fitness through a combination of individual & teambased movements. Each exercise is placed by a highly skilled trainer & can be modified to suit fitness levels, injuries & limitations. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water, body, this high energy & fun class will strengthen Saturday 8:05am A 30-minute version of RPM at high intensity. Monday 10:30am/Wednesday 9:30am This class is a low impact class which offers a range of aerobic exercises focusing on strength, balance & mobility to improve breathing & energy levels. B-Zone: Tuesday & Friday 6am / Thursday 5:30pm Come along to B-Zone to improve your strength & fitness through a combination of individual & teambased movements. Each exercise is placed by a highly skilled trainer & can be modified to suit fitness levels, injuries & limitations. Aqua Deep: Monday 9:30am Using the resistance of the water to tone the body, this high energy & fun class will strengthen	cardio fitness.	It's a journey not a race.	your self-confidence.		
A mixture of your favourite 90's aerobic combos & resistance stations to increase strength & endurance. Ideal for all ages & abilities. Step-HIIT: Wednesday 5:30pm / Thursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water, and the deep end of the pool. With the assistance of water belts & resistance of the water, and the deep end of the pool. With shigh energy & fun class will strengthen A 30-minute version of RPM at high intensity. This class is a low impact class which offers a range of aerobic exercises focusing on strength, balance & mobility to improve breathing & energy levels. B-Zone: Tuesday & Friday 6am / Thursday 5:30pm Come along to B-Zone to improve your strength & fitness through a combination of individual & teambased movements. Each exercise is placed by a highly skilled trainer & can be modified to suit fitness levels, injuries & limitations. Aqua Deep: Wednesday 9:50am & Sunday 9:30am Using the resistance of the water to tone the body, this high energy & fun class will strengthen This class is a low impact class which offers a range of aerobic exercises focusing on strength, balance & mobility to improve breathing & energy levels. This class is a low impact class which offers a range of aerobic exercises focusing on strength, balance & mobility to improve breathing & energy levels. This class is a low impact class will on the post will be improve breathing & energy levels. This class is a low impact class which offers a range of aerobic exercises focusing on strength & mobility to improve breathing & energy levels.	Super Circuit:	Les Mills Sprint:			
resistance stations to increase strength & endurance. Ideal for all ages & abilities. Step-HIIT: Wednesday 5:30pm / Thursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water,	Friday 9am	Saturday 8:05am	Monday 10:30am/Wednesday 9:00am		
endurance. Ideal for all ages & abilities. Step-HIIT: Wednesday 5:30pm / Thursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water,	A mixture of your favourite 90's aerobic combos &	A 30-minute version of RPM at high intensity.	This class is a low impact class which offers a range		
Step-HIIT: Wednesday 5:30pm / Thursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water,	resistance stations to increase strength &		of aerobic exercises focusing on strength, balance &		
Wednesday 5:30pm / Thursday 9:30am Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water,	endurance. Ideal for all ages & abilities.		mobility to improve breathing & energy levels.		
Step HIIT is a new & innovative 45-minute High Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water,	Step-HIIT:		B-Zone:		
Intensity Interval Training workout that combines simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water, Held in the deep end of the pool. With the assistance of the water, Aqua Deep: Wednesday 9:50am & Sunday 9:30am Using the resistance of the water to tone the body, this high energy & fun class will strengthen Intensity Interval Training workout that combines based movements. Each exercise is placed by a highly skilled trainer & can be modified to suit fitness levels, injuries & limitations. Aqua Senior Tuesday & Thursday 9:30am This class is held in the 5-lane programme pool. Our instructor will guide you through a series of	Wednesday 5:30pm / Thursday 9:30am		Tuesday & Friday 6am / Thursday 5:30pm		
simple body weight movements with a step. This is a great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water, Held in the deep end of the pool. With the assistance of the water, Monday 9:30am Using the resistance of the water to tone the body, this high energy & fun class will strengthen Based movements. Each exercise is placed by a highly skilled trainer & can be modified to suit fitness levels, injuries & limitations. Aqua Senior Tuesday & Thursday 9:30am This class is held in the 5-lane programme pool. Our instructor will guide you through a series of	Step HIIT is a new & innovative 45-minute High		Come along to B-Zone to improve your strength &		
great calorie burning class that energizes your body. Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water, By this highly skilled trainer & can be modified to suit fitness levels, injuries & limitations. Aqua Fit Wednesday 9:50am & Sunday 9:30am Using the resistance of the water to tone the body, this high energy & fun class will strengthen This class is held in the 5-lane programme pool. Our instructor will guide you through a series of	Intensity Interval Training workout that combines		fitness through a combination of individual & team-		
Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water, body, this high energy & fun class will strengthen Aqua Fit Wednesday 9:50am & Sunday 9:30am Using the resistance of the water to tone the body, this high energy & fun class will strengthen fitness levels, injuries & limitations. Aqua Senior Tuesday & Thursday 9:30am This class is held in the 5-lane programme pool. Our instructor will guide you through a series of	simple body weight movements with a step. This is a		based movements. Each exercise is placed by a		
Aqua Deep: Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water, body, this high energy & fun class will strengthen Aqua Fit Wednesday 9:50am & Sunday 9:30am Using the resistance of the water to tone the body, this high energy & fun class will strengthen Aqua Senior Tuesday & Thursday 9:30am This class is held in the 5-lane programme pool. Our instructor will guide you through a series of	great calorie burning class that energizes your body.		highly skilled trainer & can be modified to suit		
Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water, body, this high energy & fun class will strengthen Wednesday 9:50am & Sunday 9:30am Using the resistance of the water to tone the body, this high energy & fun class will strengthen Tuesday & Thursday 9:30am This class is held in the 5-lane programme pool. Our instructor will guide you through a series of			fitness levels, injuries & limitations.		
Monday 9:30am Held in the deep end of the pool. With the assistance of water belts & resistance of the water, body, this high energy & fun class will strengthen Wednesday 9:50am & Sunday 9:30am Using the resistance of the water to tone the body, this high energy & fun class will strengthen Tuesday & Thursday 9:30am This class is held in the 5-lane programme pool. Our instructor will guide you through a series of	Agua Dooni	Agua Fit	Agua Sonior		
Held in the deep end of the pool. With the assistance of water belts & resistance of the water, body, this high energy & fun class will strengthen instructor will guide you through a series of					
assistance of water belts & resistance of the water, body, this high energy & fun class will strengthen instructor will guide you through a series of	•				
this class will got you titter X, more tended. This class I the heavy X, hurn calories at the came time I movements in the water Using needles V, needles	this class will get you fitter & more toned. This class	the body & burn calories at the same time.	movements in the water. Using noodles & paddles,		