

GROUP EXERCISE CLASSES

TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	Spin 45 mins Deb		Les Mills SPRINT® 30 mins Aron		Freestyle Pump 45 mins Deb			
6:00am		B Active 45 mins Deb				B Active 45 mins Joe		
8:00am							Les Mills Sprint 30 mins Hayley / Jax	
8:30am								Chair Yoga 60 mins Suvish
9:00am		Line Dancing Beginner: 9:00am • Beginner-High: 9:45am 2 hrs Carol						
9:15am			New Body 45 mins Aron		Step HIIT 45 mins Mary	Super Circuit 45 mins Dee		
9:30am	Aqua Deep 45 mins Sherry		Aqua Deep 45 mins Dee	Pickleball 90 mins			Aqua Deep 45 mins Rebecca	Aqua Fit 45 mins Jen
10:30am	Together Strong 45 mins Joe	Aqua Senior 45 mins Dee 5 Lane			Aqua Senior 45 mins Dee 5 Lane			
12:00pm		Les Mills RPM 45mins Mary	Gentle Hatha Yoga 60 mins Suvish			Spin 45min Greg		
5:00pm		Pickleball 4:45pm - 6:15pm 90 mins			Pickleball 120 mins			
5:30pm	Les Mills Body Combat 45 mins Mary	Les Mills Body Pump 45 mins Mary	HIIT 45 mins Mary		Les Mills Body Pump 45 mins Mary			
6:30pm					Hatha Yoga 60 mins Suvish			

GROUP EXERCISE CLASSES

DESCRIPTIONS

■ Strength & Conditioning

- **Les Mills BodyPump**-The original barbell workout. Build strength, improve fitness, and challenge every major muscle group in this motivating full-body class.
- **Together Strong**- Move better, feel stronger, and stay independent. Improve strength, balance, and mobility in a supportive and social class.
- **New Body**- A supportive introduction to group fitness designed to improve strength, fitness, and confidence at your own pace.
- **Be Active**-Build strength, improve fitness, and boost confidence through a mix of individual and team-based exercises. Our qualified trainers can adapt movements to suit all fitness levels, abilities, injuries, and mobility needs, making Be Active a great option for everyone.
- **Super Circuit**-A combination of strength and cardio stations designed to improve fitness, endurance, and total-body conditioning.
- **Freestyle Pump**-A full-body barbell and dumbbell workout designed to build strength, muscular endurance, balance, and everyday fitness in a fun and supportive environment. Suitable for all fitness levels, with options to progress or modify exercises.

■ Cardio Fitness

- **Les Mills Body Combat**-Boost fitness, stamina, and confidence in this martial arts-inspired cardio workout.
- **Step HIIT**-Step cardio, strength, and HIIT combined to build fitness and burn calories.

■ Indoor Cycling

- **RPM™**-Tackle hills, flats, and time trials while boosting cardiovascular fitness, building endurance, and burning calories.
- **Spin**-Low-impact indoor cycling that builds fitness, endurance, and leg strength.
- **Les Mills SPRINT®**-A fast-paced HIIT cycling workout designed to maximise fitness and calorie burn.

■ Aqua Fitness

- **Aqua Fit**-(Adults of all ages) full-body water workout that improves fitness, strength, and mobility while being gentle on the joints.
- **Aqua Deep**-(Adults of all ages)A deep-water workout that improves fitness, core strength, and endurance
- **Aqua Senior**-A gentle water-based class designed to improve mobility, balance, strength, and overall wellbeing.

■ Yoga & Wellness

- **Hatha Yoga** – Flexibility, strength, and relaxation.
- **Gentle Hatha Yoga**-(Adults, beginners welcome) A slower-paced yoga class focusing on mobility, flexibility, breathing, and relaxation.
- **Chair Yoga**-Seated and standing yoga to improve strength, flexibility, balance, and wellbeing

■ Recreation

- **Line Dancing** – Fun, easy-to-follow dance routines.
- **Pickleball** – A fun, social sport for all abilities.

Not Sure Where to Start?

■ Strength & Conditioning

Body Pump • New Body • Step HIIT • Super Circuit

■ Cardio Fitness

Les Mills Body Combat • Sprint • Spin • Les Mills Sprint

■ Yoga & Wellness

Hatha Yoga • Gentle Hatha Yoga • Chair Yoga

■ Aqua Fitness

Aqua Fit • Aqua Deep • Aqua Seniors

■ Recreation

Line Dancing • Pickleball

♥ Beginner Friendly

New Body • Chair Yoga • Aqua Senior • Gentle Hatha Yoga