

# Group Fitness 2026

Effective Mon 26 Jan 2026

|         | Mon                                | Tues                     | Wed  | Thurs                        | Fri                             | Sat                              | Sun                |
|---------|------------------------------------|--------------------------|--|------------------------------|---------------------------------|----------------------------------|--------------------|
| 6:00am  | 30min Grit cardio<br>15min Body    | 6:15am<br>45min RPM      | 30min Grit cardio<br>15min Body  | C45 Cardio & Strength<br>Zac | 30min Grit cardio<br>15min Body |                                  |                    |
| 7:10am  |                                    |                          | 45min RPM  |                              |                                 |                                  |                    |
| 8:30am  |                                    |                          |  |                              |                                 | 30min RPM<br><u>Members only</u> |                    |
| 9:00am  | Functional Fitness<br>Brad         | Powerbar<br>Dave         |  |                              | Powerbar<br>Jenny               |                                  |                    |
| 9:15am  |                                    |                          |  |                              |                                 | C45 Cardio & Strength            | 55min Body Balance |
| 9:30am  | 30 min RPM<br>Yoga Fusion<br>Jenny |                          | Cardio Blitz<br>Jenny  | C30 Cardio & Strength<br>Zac |                                 |                                  |                    |
| 10:00am |                                    |                          | Core Strength<br>Jennv  |                              |                                 | Teen Gym<br>10am—11am            |                    |
| 10:30am |                                    | Staying Strong<br>Dave   |  |                              | Staying Strong<br>Brad          |                                  |                    |
| 11:00am | Aqua<br>Jenny                      |                          | Aqua<br>Chrissy  |                              | Aqua<br>Jenny                   |                                  | 45min RPM          |
| 11:30am |                                    | * Staying Strong<br>Dave |  | 12:00pm<br>30min Dance       | *Staying Strong<br>Brad         |                                  |                    |
| 4:00pm  | Teen Gym                           | Teen Gym                 | Teen Gym   | Teen Gym                     | Teen Gym                        |                                  |                    |
| 5:00pm  | 30min Grit Strength                | 45min Body Pump          |  | 30min Grit Strength          |                                 |                                  |                    |
| 5:30pm  |                                    |                          | C30 Core<br>Jess   |                              | C30 Cardio & Strength<br>Dave   |                                  |                    |
| 6:00pm  | Metafit<br>Dave                    |                          |  | MetaPwr<br>Dave              |                                 |                                  |                    |
| 6:15pm  |                                    |                          | 30min Grit Cardio  |                              | 30min grit Cardio               |                                  |                    |

## Live fitness classes

**Function Fitness Training** A combination of bodyweight and strength moves in a 30 minute circuit-style class to build strength, power, endurance and agility (in the gym).

**Powerbar** Tone your body and build strength by using the resistance of Barbells, Dumbbells and body weight.

**C30 and C45 Cardio and Strength Circuit** These classes combine strength, cardio fitness and agility for a total body workout. Work/rest intervals may change from class to class but the intensity will always be there. Build strength while high-energy music powers you on. All fitness levels welcome (30mins or 45mins).

**Cardio Blitz** a 30 minute high intensity calorie burner using bodyweight and assorted agility equipment.

**Core Strength** A 30 minute workout focusing on engaging the core, glutes and pelvic floor. Warm up is recommended prior to class.

**Yoga Fusion** a 60 minute yoga-inspired class including elements of taichi, pilates, core strength, stretching and meditation to tone, calm and re-energise your body.

**Metafit** A high intensity interval bodyweight training class that will burn calories in a 30 minute session..

**MetaPwr** A high intensity interval training class that uses kettle bells, slam balls, dumbbells, ropes as well as your own bodyweight to burn calories and tone your body in a 30 minute session.

## Virtual fitness classes

**LES MILLS**

**BODYPUMP** Whole Body strength and conditioning using barbells and plates.

**LES MILLS**

**BODYCOMBAT** High energy martial arts-inspired cardio workout.

**LES MILLS**

**BODYBALANCE** Yoga-inspired class to strengthen and calm the mind and body.

**LES MILLS**

**RPM** High energy indoor cycling workout.

**LES MILLS**  
**GRIT SERIES**  
30 MINUTE HIGH INTENSITY INTERVAL TRAINING

High Intensity Interval Training: Strength, Conditioning and Cardio options

**LES MILLS**

**DANCE** Fun dance workout. No dance experience required.

10 place limit for virtual classes

13 place limit for RPM only

## Aquatic classes

**Aqua Workout** Held in the main pool, this class is ideal for people who want to develop cardio fitness in a challenging but low-impact environment. You will use water resistance and additional water-based equipment to improve cardiovascular fitness, muscular endurance and body range of motion.

## Specialist programs

**Teen Gym** Secondary school-aged students can learn to use gym equipment correctly while getting fit, with personalised programs and instruction from qualified trainers. Parents must fill out a junior membership agreement form for teens under 16 years old.

**Staying Strong** A circuit class suited to older adults or participants returning from an injury or illness. Incorporating pin-loaded machines, dumbbells, bands, balls and body weight to improve strength and balance and build confidence in everyday activities—60 minute class. \* **Staying Strong 11:30am may be cancelled if attendance does not meet operational requirements.**

## Child friendly classes



Children must not impact other participants' enjoyment of the class and shall remain the responsibility of the parent/carer at all times. Children are not permitted to use any equipment supplied by the centre; items (such as books, iPad, soft toys) may be brought in to keep children occupied for the duration of the class. Food is not permitted; water can be offered to children during class time with supervision. Parents/carers may wish to supply ear plugs for their children if loud music is a concern.

**Late entry to classes is not permitted once the class has commenced**



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