



**Macedon
Ranges**
Shire Council

Gisborne
Fitness Centre

Group Fitness Timetable

Effective Monday 4 August 2025

	Mon	Tues	Wed	Thurs	Fri	Sat
6:00am	Cardio & Strength Circuit Shane		Cardio & Strength Circuit Jen		Strength Circuit Nadene	9:00am – 10:00am Teen Gym
9:15am	Fit + Firm + Functional Chrissy	Yoga Fusion Vicki	Body Pump Dave 	Low Impact Cardio Jen	Friday Mix Up Barry	Body Pump Nat 
10:00am	Staying Strong 60mins Anita		Staying Strong 60mins Nat/Shane		Staying Strong 60mins Nadene	
10:30am		Staying Strong Higher Intensity Jason			Staying Strong 60mins Mech Hall Jason	
11:00am	Staying Strong 60mins Anita		Staying Strong 60mins Nat/Shane		Staying Strong 60mins Nadene	
4:00pm	Teen Gym	Teen Gym	Teen Gym	Teen Gym		
6:00pm	Yoga Fusion Vicki		Yoga Fusion Vicki	Yoga Fusion Vicki		

Staying Strong Classes on Monday, Wednesday and Friday have a maximum capacity of 20 participants per class. Prior booking for these classes is not mandatory to secure your spot, but highly recommended.

General classes

Body Pump - Body Pump will help sculpt, tone and strengthen your entire body, fast! Pump is one of the world's fastest ways to get in shape as it challenges all your major muscle groups while you squat, press, lift and curl.

Fit + Firm + Functional – Get ready to move, sweat and thrive! This dynamic class blends strength training, core and functional movement to help build lean muscle, boost mobility, and improve your daily life. All fitness levels welcome.

Yoga Fusion - PILATES, YOGA AND STRETCHING – combines elements of each to create a workout that builds flexibility strength and core stability. Please bring a Yoga mat for your own comfort.

Cardio & Strength Circuit - Using a variety of cardio and weight training exercise in the gym, each week you can expect something new to step up your training

Friday Mix Up - Mixing strength, body weight and cardio exercises, you can expect something new each week to increase your fitness and build lean muscle.

Specialist programs

Staying Strong - A 60-minute circuit style class for the Mature Adult to build and maintain muscle, cardiovascular strength, improve bone density, balance and self-esteem.

Staying Strong Low Impact Cardio - A 60-minute low impact class including Tai Chi, step, balance and circuit exercises to improve and maintain cardiovascular fitness and body mobility.

Staying Strong Higher Intensity – A 45-minute circuit style class for the Mature Adult using bodyweight and resistance equipment to build and maintain muscular strength.

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.

For your own comfort, please ensure you bring along a towel and drink bottle. Participants must visit GFC reception to be attended into the class before commencing the class. Please refer to the GFC brochures for membership and casual prices or visit mrsc.vic.gov.au.



mrsc.vic.gov.au/leisure



gfc@mrsc.vic.gov.au



Gisborne Fitness Centre - 8 Hamilton St Gisborne



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