



Group Fitness Timetable

Effective 10 November 2025

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

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 60min class.

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 60min class.

Spin + Strength + Sweat - This high-energy fusion class combines the intensity of indoor cycling with the power of functional strength training. Expect a dynamic mix of spin, weight training, and bodyweight exercises in one energising session. Get ready to sweat, feel strong, and leave empowered 60min class.

Cardio & Strength Circuit - Using a variety of cardio and weight training exercises in the gym, each week you can expect something new to step up your training 45min class.

Strength Circuit – You'll rotate through stations targeting major muscle groups using weights and body weight exercises. Perfect for building strength, improving fitness and keeping your heart rate up 45min class.

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 60min class.

Powerbar – Tone your body and build strength by using the resistance of Barbells, Free Weights and body weight exercises 60min class.

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



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