



Aqua Fitness

	Mon	Tues	Wed	Thurs	Fri
7.45am				AQUA FITNESS Mary	AQUA FITNESS Ruth
9.15am		AQUA FITNESS Jenny	AQUA FITNESS Chrissy		
6.45pm	AQUA FITNESS Chrissy				

Aqua Workout

A 45-minute low-impact water exercise class that improves fitness, strength and flexibility. Suitable for all fitness levels and held in the main pool. Equipment such as noodles, dumbbells, balls and aqua gloves may be used.



Fitness



Strength



Flexibility



Group Fitness

	Mon	Tues	Wed	Thurs	Fri	Sat
6.00am	CARDIO & STRENGTH Circuit - Shane		CARDIO & STRENGTH Circuit - Jenny		STRENGTH Circuit - Nadene	
9.00am						9AM - 10AM TEEN GYM
9.15am	FIT + FIRM+ FUNCTIONAL Chrissy	YOGA FUSION Vicki	SPIN + STRENGTH + SWEAT Dave	LOW IMPACT CARDIO Jenny	FRIDAY MIX UP Barry	POWERBAR Barry
10.00am	STAYING STRONG Anita		STAYING STRONG Shane / Varun		STAYING STRONG Nadene	
10.30am	STAYING STRONG Mech Hall - Chrissy	STAYING STRONG Higher intensity - Jason			STAYING STRONG Mech Hall - Barry	
11.00am	STAYING STRONG Anita		STAYING STRONG Shane / Varun		STAYING STRONG Nadene	
4.00pm	4PM-5PM TEEN GYM	4PM-5PM TEEN GYM	4PM-5PM TEEN GYM	4PM-5PM TEEN GYM		
6.00pm	YOGA FUSION Vicki		YOGA FUSION Vicki	YOGA FUSION Vicki		

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 Program

Staying Strong

A 60-minute circuit style class for the older 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 older 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. Parent/guardian must complete and sign a junior membership agreement for teens under 16 years old.

