

GROUP FITNESS CLASSES

TIMETABLE

From
September 2025

	MON	TUES	WED	THURS	FRI
8:15	AQUA 45min (Elle)	AQUA 45min (Elle)	AQUA 45min (Elle)	AQUA 45min (Elle)	AQUA 45min (Elle)
9:00	Low Impact Circuit 45min (Elle)	Low Impact Chair 45min (Rachel)		Low Impact Chair 45min (Elle)	
10:00				AQUA 45min (Elle)	
17:00		AQUA 45min (Elle)	AQUA 45min (Elle)	AQUA 45min (Elle)	
				Core and More 60min (Kaileigh)	Bootcamp 60min (Kaileigh)
17:30		Swim Fit 60min (Kylie)			

AQUA AEROBICS

Aqua is low-impact, high-energy workouts conducted in water. Participants perform a variety of aerobic, strength, and flexibility exercises.

SWIM FIT

Offers stroke correction in a friendly, social environment allowing adult participants to improve their swimming technique and fitness at their own pace.

LOW IMPACT CHAIR

Yoga combines physical postures, breathing techniques, meditation, and mindfulness to promote overall well-being. Physical postures are performed in a flowing and mindful manner, synchronising movement with breath.

LOW IMPACT CIRCUIT

A form of exercise that focuses on strength, flexibility, and core stability, while being a gentle beginner friendly circuit using a variety of equipment including hand weights, balls, bands.

CORE AND MORE

A social and enjoyable class to work on strengthening and toning your abs, booty and thighs. Get ready to feel a burn like no other! Suitable for all fitness levels.

BOOT CAMP

Get in on the Bootcamp action for a great alternative to cross training that burns more calories and gets faster results. Focused mainly on cardio and body weight exercises, this class is sure to leave you with a sweat!

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.



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