

Group Fitness Timetable

Effective 10th November 2025

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|---------|---------------------------------------|---|---|---|--|----------|--------|
| Group Fitness | 06:05am | | | SPRINT 06:05 – 06:35am | | SPRINT 06:05 – 06:35am | | |
| | 09:00am | BODY PUMP 09:00 – 09:45am | BODY STEP 09:00 – 09:45am | CIRCUIT 09:00 – 09:45am | TONE 09:00 – 09:45am | BODY PUMP EXPRESS 09:00 – 09:30am | | |
| | 09:30am | | | | | DANCE EXPRESS 09:30– 10:00am | | |
| | 10:00am | MAT PILATES 10:00 - 10:45am | STRETCH 10:00 – 10:45am | MAT PILATES 10:00 - 10:45am | | BODY BALANCE EXPRESS 10:00am – 10:30am | | |
| | 12:00pm | SPIN PLUS 12:00 – 12:45pm | | SPIN PLUS 12:00 – 12:45pm | | | | |
| | 5:30pm | DANCE 05:30 – 06:15pm | TONE 05:30 – 06:15pm | DANCE 05:30 – 06:15pm | | | | |
| | 6:00pm | | | | MUAY THAI 6:00pm– 06:45pm | | | |
| | 6:15pm | BODY PUMP 06:15 – 7:00pm | BODY BALANCE 6:15 – 7:00pm | SHAPES 6:15 – 7:00pm | | | | |
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Gym | 1:00pm | | | ACTIVE ADULTS 01:00– 02:00pm | | ACTIVE ADULTS 01:00– 02:00pm | | |
| | 3:30pm | TEEN GYM 03:30 – 04:30pm | TEEN GYM 03:30 – 04:30pm | TEEN GYM 03:30 – 04:30pm | TEEN GYM 03:30 – 04:30pm | TEEN GYM 03:30 – 04:30pm | | |
| | 7:00pm | | | MALLEE MEN 07:00 – 08:00pm | | | | |
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Aquatics | 09:30am | | AQUA AEROBICS 09:30 – 10:15am | | AQUA AEROBICS 09:30 – 10:15am | AQUA AEROBICS 09:30 – 10:15am | | |
| | 5:45pm | | | AQUA AEROBICS 05:45 – 06:30pm | | | | |
| | 6:00pm | | AQUA AEROBICS 06:00 – 06:45pm | | | | | |

Group Fitness Descriptions

Effective from 10th November 2025

BODYPUMP – 30min & 45min

Using light to moderate weights with a lot of repetition, it's a total body workout burning up to 540 calories. Instructors will coach you through the scientifically proven moves & techniques with great music, helping you achieve much more than working out on your own!

BODYBALANCE – 30min & 45min

Ideal for anyone & everyone, a class that will improve your mind, body & your soul. You will bend & stretch through a series of simple yoga moves & embrace elements of Tai Chi & Pilates. This class will connect you with your body through mobility movements which are gentle & easy on the body.

SPRINT – 30min

A 30 minute high intensity-interval training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill & motivation comes from pushing your physical & mental limits. A high-intensity, low impact workout, it's scientifically proven to return rapid results.

TEEN GYM _ 60min

Join Teen Gym for fun fitness challenges to motivate and inspire teens (12-16yrs) to embrace self-improvement and active living. Just \$5 for the supervised hour!

SPIN PLUS– 45min

This is a cycle & strength class giving you an all-over body workout. Spinning is a great cardiovascular workout & can help build lower-body muscle strength. Team this with land-based weights, resistance bands & bodyweight to challenge the muscles.

DANCE – 30min & 45min

A fun loving, insanely addictive dance workout. Dance is an ego-free zone with no dance experience required! All you need is a playful attitude & a cheeky smile so forget about being a wallflower. Even if you walk in thinking you can't you'll walk out knowing you can.

SHAPES – 45mins

This is the workout you never knew you needed. LES MILLS SHAPES™ is an invigorating blend of Pilates, sculpt, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

NEW BODYSTEP Functional Step Training– 45min

Basic stepping, just like walking up & down stairs, is at the heart of BODYSTEP – a full-body cardio workout to really tone your butt & thighs. Heaps of options so that everyone leaves feeling successful.

TONE– 45min

If you want the optimal mix of strength, cardio & core training then this is it! Step into a Les Mills Tone class & you'll tick off a complete workout. The mix of functional training & resistance band exercises will help you burn calories & take your fitness to the next level. Tone has a wide variety of options suited to all fitness levels.

CIRCUIT – 45min

This workout involves rotating through various exercises targeting different parts of the body. Focusing on different muscle groups in a short amount of time is an effective exercise that can be incorporated into a healthy lifestyle.

ACTIVE ADULTS – 60min

Active Adults is an opportunity for anyone to be guided, educated & supervised when using the health club. Giving you security to keep moving in a safe environment with an instructor watching & helping when needed. Also the added bonus of afternoon tea, yummy!

MAT PILATES – 45min

Increases spinal mobility, improves core strength, lengthens the muscles & increases your oxygen uptake. It also helps improve posture, balance & reduce stress. This is a fun class for all ages & abilities, working from the mat.

MUAY THAI– 45min

Burn calories and boost fitness. Learn real self-defence skills. Build strength, confidence and discipline. Train in a supportive and motivation environment. All fitness levels.

MALLEE MEN – 60min

A low impact combination of boxing, cardio & water-based exercise. This type of exercise is essential for adults of all ages, they become increasingly important in workouts for men over 50 because maintaining flexibility & improving strength & balance can help optimise your functional performance.

AQUA AEROBICS – 60min

A fantastic cardio & toning workout which helps keep your body supple, flexible & healthy. Gently increasing your pulse & breathing rate, so it's great for helping to improve your heart health. A perfect low impact class for all ages & fitness levels in the comfort of our heated pool.

STRETCH– 45min

As you age your muscles tighten & range of motion in the joints can be minimised. A regular stretching program can help lengthen your muscles & make daily living easier. Other benefits include reducing risk of overuse injuries, improved performance, relaxation & stress relief. This is a social class.