

Group Fitness Timetable

Effective 22nd June 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Fitness	06:05am	BODY PUMP 06:05 – 06:50am	POWER PILATES 06:05 – 06:50am	SPRINT 06:05 – 06:35am	BODY PUMP 06:05 – 06:50am	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	CIRCUIT 09:00 – 09:45am		
	10:00am	MAT PILATES 10:00 - 10:45am	STRETCH 10:00 – 10:30am	MAT PILATES 10:00 - 10:45am				
	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	BODYSTEP 05:30 – 06:15pm	HIIT 05:30 – 06:00pm			
	6:15pm	BODY PUMP 06:15 – 07:00pm	BODY BALANCE 06:15 – 07:00pm	POWER PILATES/SHAPES 06:15 – 07:00pm	BODY PUMP HEAVY 06:15 – 07:00pm			

		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 22nd June 2026

BODYPUMP – 30mins & 45mins

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!

BODYPUMP HEAVY 45mins

A tempo-based weightlifting class that switches on your metabolic engine to build lean muscle. Drawing on traditional lifting techniques, each class challenges strength, builds lean muscle, and drives measurable performance gains. It's simple to do and the slow tempo with lots of recovery periods allows for expert coaching, so you master form and technique.

SPRINT – 30mins

A 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 _ 60mins

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– 45mins

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.

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.

BODYSTEP

Functional Step Training– 45mins

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.

BODYBALANCE – 45mins

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.

TONE– 45mins

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 – 45mins

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 – 60mins

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 – 45mins

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.

RPM – 45mins

RPM® is a group indoor cycling workout where you control the intensity.

With great music pumping and the group cycling as one, your Instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly rotate the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

HIIT – 30mins

An intense 30 minute cardio workout that improves strength, aerobic levels and cognitive skills.

MALLEE MEN – 60mins

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 – 45mins

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– 30mins

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.

POWER PILATES – 45mins

Power Pilates builds strength, endurance, and functional fitness by adding weights, bands, or cardio bursts to flowing, full-body movements, creating a more dynamic workout focused on sculpting, strengthening, and challenging the core, muscles, and cardiovascular system. Incorporating powerful, integrated sequences and using equipment like dumbbells and resistance bands for added intensity.

DANCE – 45mins

A high-energy workout that will challenge and move you. Each class includes 10 stand-alone tracks, with each introducing new choreography. The workout is anchored in 3 cardio peaks, a warm-up, and a cool-down. It combines innovative dance movements with the latest music to drive energy and motivation in every move. With a focus on movement and technique, LES MILLS DANCE is simple to master and a great option for those who want to improve their dance skills while getting fit or for anyone who loves to dance.