

# Group Fitness Timetable

Effective 7<sup>th</sup> September 2026

|               |         | MONDAY                                | TUESDAY                                 | WEDNESDAY                                 | THURSDAY                            | FRIDAY                            | SATURDAY | SUNDAY |
|---------------|---------|---------------------------------------|-----------------------------------------|-------------------------------------------|-------------------------------------|-----------------------------------|----------|--------|
| Group Fitness | 06:05am | <b>BODY PUMP</b><br>06:05 – 06:50am   | <b>POWER PILATES</b><br>06:05 – 06:50am | <b>SPRINT</b><br>06:05 – 06:35am          | <b>BODY PUMP</b><br>06:05 – 06:50am | <b>SPRINT</b><br>06:05 – 06:35am  |          |        |
|               | 09:00am | <b>BODY PUMP</b><br>09:00 – 09:45am   | <b>BODY STEP</b><br>09:00 – 09:45am     | <b>CIRCUIT</b><br>09:00 – 09:45am         | <b>STONE</b><br>09:00 – 09:45am     | <b>CIRCUIT</b><br>09:00 – 09:45am |          |        |
|               | 10:00am | <b>MAT PILATES</b><br>10:00 – 10:45am | <b>STRETCH</b><br>10:00 – 10:30am       | <b>MAT PILATES</b><br>10:00 – 10:45am     |                                     |                                   |          |        |
|               | 12:00pm | <b>SPIN PLUS</b><br>12:00 – 12:45pm   |                                         | <b>SPIN PLUS</b><br>12:00 – 12:45pm       |                                     |                                   |          |        |
|               | 5:30pm  | <b>DANCE</b><br>05:30 – 06:15pm       | <b>STONE</b><br>05:30 – 06:15pm         | <b>BODYSTEP</b><br>05:30 – 06:15pm        | <b>HIIT</b><br>05:30 – 06:00pm      |                                   |          |        |
|               | 6:15pm  | <b>BODY PUMP</b><br>06:15 – 07:00pm   | <b>BODY BALANCE</b><br>06:15 – 07:00pm  | <b>BODY PUMP HEAVY</b><br>06:15 – 07:00pm | <b>YOGALATES</b><br>06:15 – 07:00pm |                                   |          |        |

|     |        | MONDAY                             | TUESDAY                            | WEDNESDAY                               | THURSDAY                           | FRIDAY                                  | SATURDAY | SUNDAY |
|-----|--------|------------------------------------|------------------------------------|-----------------------------------------|------------------------------------|-----------------------------------------|----------|--------|
| Gym | 1:00pm |                                    |                                    | <b>ACTIVE ADULTS</b><br>01:00 – 02:00pm |                                    | <b>ACTIVE ADULTS</b><br>01:00 – 02:00pm |          |        |
|     | 3:30pm | <b>TEEN GYM</b><br>03:30 – 04:30pm | <b>TEEN GYM</b><br>03:30 – 04:30pm | <b>TEEN GYM</b><br>03:30 – 04:30pm      | <b>TEEN GYM</b><br>03:30 – 04:30pm | <b>TEEN GYM</b><br>03:30 – 04:30pm      |          |        |
|     | 7:00pm |                                    |                                    | <b>MALLEE MEN</b><br>07:00 – 08:00pm    |                                    |                                         |          |        |

|          |         | MONDAY | TUESDAY                                 | WEDNESDAY                               | THURSDAY                                | FRIDAY                                  | SATURDAY | SUNDAY |
|----------|---------|--------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|----------|--------|
| Aquatics | 09:30am |        | <b>AQUA AEROBICS</b><br>09:30 – 10:15am |                                         | <b>AQUA AEROBICS</b><br>09:30 – 10:15am | <b>AQUA AEROBICS</b><br>09:30 – 10:15am |          |        |
|          | 5:45pm  |        |                                         | <b>AQUA AEROBICS</b><br>05:45 – 06:30pm |                                         |                                         |          |        |
|          | 6:00pm  |        | <b>AQUA AEROBICS</b><br>06:00 – 06:45pm |                                         |                                         |                                         |          |        |

# Group Fitness Descriptions

Effective from 7<sup>TH</sup> September 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.

## **YOGALATES – 45mins**

This is the workout you never knew you needed. 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 – 60 mins**

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.