

# GROUP EXERCISE CLASSES

## TIMETABLE

APRIL 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GYM FLOOR / GX ROOM	6:30am		<b>HIIT</b> 30min – Coach V	<b>GYM CIRCUIT</b> 30min – Coach V		
	8:00am		<b>AQUAFIT</b> 45min – Chris			
	9:00am	<b>AQUA ZUMBA</b> 45min – Jade				
	9:30am	<b>GYM CIRCUIT</b> 30min – Patrick	<b>GYM CIRCUIT</b> 30min – Coach V	<b>GYM CIRCUIT</b> 30min – Coach V		<b>AQUAFIT</b> 45min – Ammany
	10:00am	<b>HIIT</b> 30min – Patrick	<b>BOOTCAMP</b> 30min – Coach V	<b>BOOTCAMP</b> 30min – Coach V		
	10:30am	<b>STRETCH</b> 20min – Patrick	<b>AQUA ZUMBA</b> 45min – Jade (OUTDOOR POOL)	<b>STRETCH</b> 20min – Coach V		<b>GYM CIRCUIT</b> 30min – Coach V
	11:00am			<b>AQUAFIT</b> 45min – Ammany	<b>AQUAFIT</b> 45min – Ammany	<b>STRETCH &amp; CORE</b> 30min – Coach V
	4:30pm	<b>TEEN ACTIVE SUPERVISED</b>				<b>TEEN ACTIVE SUPERVISED</b>
	6:00pm	<b>GYM CIRCUIT</b> 30min – Simon		<b>FUNCTIONAL</b> 30min – Simon		<b>GYM CIRCUIT</b> 30min – Patrick / Abs
	6:30pm	<b>HIIT</b> 30min – Simon		<b>GYM CIRCUIT</b> 30min – Simon	<b>HIIT</b> 30min – Nelly	<b>HIIT</b> 30min – Patrick / Abs
7:00pm				<b>STRETCH</b> 20min – Nelly		
7:15pm	<b>AQUAFIT</b> 45min – Mark		<b>AQUAFIT</b> 45min – Mark			

- 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.

# GROUP EXERCISE CLASSES

## DESCRIPTIONS

APRIL 2026

### HIIT

High intensity interval training! A mix of strength, cardio and plyometric exercises performed in intervals of less than a minute with a short rest in between. If you want to get fitter and fast, then this class is for you!

### AQUAFIT / AQUA ZUMBA

This water-based & low impact class format is designed to tone and sculpt your body in our heated pool. A popular blend of cardio and resistance training for all fitness levels. Great for building cardio, muscular endurance and stability.

### GYM CIRCUIT

Gym circuit is focused on using pin-loaded machines at a low impacted and high-volume workout with timed intervals. This class is primarily targeted to build strength, developing muscle tone and improving muscular endurance. (30mins)

### STRETCH

This is an intro style, low impact class to promote coordination, stability and flexibility. The exercises aim to develop the range of motion within the muscles and joints. A great cooldown class to help recovery and soothing of the muscles, aches and pains. Suitable for all fitness levels.

### GOLD ZUMBA

Our Zumba classes are making it way back on land! This is a low intensity, dance style class with a whole lot of fun! Incorporates many blends of Zumba styles into an exciting exercise routine that will definitely get you moving! Suitable for all levels of fitness! (45mins)

### TEEN ACTIVE - SUPERVISED

Supervised Teen Active is a 1-hour time zone where members who are on a Teen Active Membership can come use the gym equipment while a fitness trainer is present on the gym floor to offer support and guidance. This is great for when a Teen want to exercises but can't have a parent/guardian present. (60mins)

### FUNCTIONAL

If you like weights and moving a barbell then this is the class for you. We perform a wide variety of barbell, dumbbell and any kind of weight movements throughout this class and you'll be sure to feel toned, strong and better than ever before!

### BOOTCAMP

Challenge yourself with our bootcamp style class! It is a full body workout on the grass or in the group fitness room that includes cardio, strength and agility to increase fitness and weight loss.

### STRETCH & CORE

This class will provide a release of tension for the entire body and will leave you feeling like you'll want more of it. Stretching is an optimal way of recovery regardless of your fitness level.

Designed to engage your core muscles by practicing to focus on strengthening the inner core. This can help improve stability, bracing and deeper core control for stronger support on the spine.