GROUP EXERCISE CLASSES
TIMETABLE

2026

GROUP FITNESS ROOM/GYM FLOOR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am		AQUAFIT 45min – Jeannie			
9:00am	AQUA ZUMBA 45min – Jade				
9:30am		GYM CIRCUIT 30min – Simon	GYM CIRCUIT 30min – Simon		AQUAFIT 45min – Ammany GYM CIRCUIT 30min – Nelly
10:00am		BOOTCAMP 30min – Simon	BOOTCAMP 30min – Simon		HIIT 30min – Nelly
10:30am		GOLD ZUMBA 45min – Jade			STRETCH 15min – Nelly
10:45am					ABLE AND STABLE 30 min - Nelly
11:00am			AQUAFIT 45min – Ammany	AQUAFIT 45min – Ammany	
4:30pm	TEEN ACTIVE SUPERVISED				TEEN ACTIVE SUPERVISED
6:00pm	GYM CIRCUIT 30min – Simon		FUNCTIONAL 30min – Simon		GYM CIRCUIT 30min – Abdullah
6:30pm	HIIT 30min – Simon		GYM CIRCUIT 30min – Simon		HIIT 30min – Abdullah
7:15pm	AQUAFIT 45min – Jeannie				

- 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.

MICHAEL WENDEN AQUATIC LEISURE CENTRE

GROUP EXERCISE CLASSES
DESCRIPTIONS

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! (30mins)

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. (45mins)

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 flexibly. 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. (25mins)

ABLE AND STABLE
Fall prevention class aimed at improving balance, strength, coordination and confidence. Participants will build stability and movement skills to help reduce the risk of falls, maintain independence and stay active in everyday life.

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! (30mins)

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. (30mins)

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