

GROUP EXERCISE CLASSES

TIMETABLE

2026

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------|---------|------------------|---|------------------------|------------------|--------|---------------------|--------|
| GROUP FITNESS ROOM | 7:10am | | | Pilates 60min | | | | |
| | 9:30am | Pilates 60min | | Power Pilates 60min | | | Core Works 45min | |
| | 10:00am | | | | | | | |
| | 10:30am | | | | | | | |
| | 11:15am | | Active Adults Strength & Move 60min | | | | | |
| | 11:30am | | | | | | | |
| | 5:00pm | | | | Pilates 60min | | | |
| | 5:30pm | | | Body Strength 60min | | | | |
| | 6:00pm | | | | | | | |

- 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

2026

CORE WORKS

Core Works is a 45-minute core work out that focuses on building strength, stability, and endurance in the core muscles.

This class is fantastic for improving functional strength and preventing injury.

PILATES

Mat work Pilates – A dynamic and versatile class performed on the mat using small props such as balls, magic circles, weights and resistance bands to add variety and challenge. This session focuses on building core strength, improving posture, enhancing flexibility, and increasing overall body awareness. Suitable for all fitness levels, exercises can be modified to support beginners while offering progressions to challenge more advanced participants. A perfect way to tone, strengthen, and move with control.

POWER PILATES

A high-energy class that fuses functional strength training with traditional mat Pilates, often incorporating weights for an added challenge. This combination builds core stability, strength, balance, and mobility while enhancing everyday movement patterns. Suitable for all fitness levels, with options to adjust intensity. Power Pilates delivers a dynamic and effective full-body workout.

BODY STRENGTH

Body strength is a full-body strength workout that uses light to moderate weights and high repetitions to burn fat and tone muscles. It's a barbell-based class that's designed to help you get lean and fit quickly.

ACTIVE ADULTS STRENGTH AND MOVE

Active Adults is a low impact, high intensity 60-minute class that is designed to improve strength, flexibility, technique, and aerobic fitness.

A combination of exercises and equipment are used each week to create a fun and thrilling exercise class.

YOGA

A dynamic, flow-based yoga practice that involves moving through a series of poses linked together by breath.

Yoga is a spiritual discipline based on ancient philosophy, which focuses on bringing harmony between mind and body. It is an art and science of healthy living.