

# GROUP EXERCISE CLASSES

## TIMETABLE

Last updated: May 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:10am		Pilates 60min		Yoga 60min		
9:00am					Yoga 60min	
9:15am				Active Adults Strength & Move 60min		
9:30am	Pilates 60min		Power Pilates 60min			Core Works 45min
10:30am	Warm Water Exercise 60min		Warm Water Exercise 60min		Warm Water Exercise 60min	
11:15am						
5:00pm				Pilates 60min		
5:15pm	Yoga 60min					
5:30pm			Body Strength 60min			

Class times are subject to change. To ensure the most up to date information, give the centre a call at (03) 5755 1049 during staffed hours.

# GROUP EXERCISE CLASSES

## DESCRIPTIONS

May 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.

### HITT

HITT is a series of 45-60-minute, high-intensity interval training (HIIT) workouts designed to improve strength, speed, and athletic performance, with three distinct programs into one workout: HIIT Strength, which uses barbells and weights; HIIT Cardio, focusing on high-impact bodyweight movements; and HIIT Athletic, which incorporates a step and sports conditioning to enhance overall agility and speed.

### 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.

### CYCLE

Spin cycle is an indoor group cycling class that combines music, hill climbs, sprints, and flat riding.

This is a low impact workout that is suitable for all fitness levels.

### 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.