



GROUP FITNESS TIMETABLE

WINTER 2022 - EFFECTIVE FROM TUESDAY 14 JUNE

Classes and instructors are subject to change at short notice. Class passes are required to attend all group fitness classes which are available from customer service. For safety and OH&S, the instructor has discretion to not allow you to participate in a class once it has started. Bring a towel and drink bottle to all classes. Casual participants must be 16 years and older. Consult your doctor prior to participating in any group fitness class.

Some classes are not suitable to do whilst pregnant. If you are unsure, contact your doctor and let the know group fitness instructor know.

CIVIC RESERVE
RECREATION CENTRE

PELICAN PARK
RECREATION CENTRE

SOMERVILLE
RECREATION CENTRE

PELICAN PARK RECREATION CENTRE

GROUP FITNESS STUDIO							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	BODY PUMP	SPIN CIRCUIT	CORE & MORE	RPM			
8:30AM						RPM	
9:30AM	LES MILLS TONE	BODY PUMP	BURN IT	BODY PUMP	BODY PUMP	BODY PUMP	
10:30AM	PILATES	BODY BALANCE	PILATES	YOGA	BODY BALANCE		BODY BALANCE
12:00PM	SOYF MAINTENANCE						
1:00PM	SOYF ENTRY						
5:30PM		ZUMBA	RPM				
6:30PM	BODY PUMP	HIIT BOXING	BODY PUMP	HIIT BOXING			

AQUA AEROBICS							
	MON	TUES	WED	THURS	FRI	SAT	SUN
8:15AM	AQUA	AQUA	AQUA		AQUA		AQUA
9:15AM	AQUA DEEP	AQUA DEEP	AQUA	AQUA DEEP	AQUA DEEP		
10:15AM			SWEAT		AQUAEZE		
2:15PM	AQUA			AQUA			
6:15PM		AQUA DEEP			AQUA DEEP		

CIVIC RESERVE RECREATION CENTRE

GROUP FITNESS STUDIO							
	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM	ZUMBA GOLD	PRIME BAR	ZUMBA GOLD	PRIME CIRCUIT	PRIME FUSION		
9:20AM	QIGONG	YOGA	TAI CHI	PRIME BAR	PILATES		
10:30AM	BODY BALANCE			BODY BALANCE			
12:05PM					SOYF ENTRY		
12:45PM				SOYF ENTRY			
1:15PM					SOYF MAINTENANCE		
2:00PM				SOYF CHAIR			
5:30PM			MAT PILATES				
6:00PM	MAT PILATES						

ALL ACCESS CLASSES - ELIGIBILITY REQUIRED

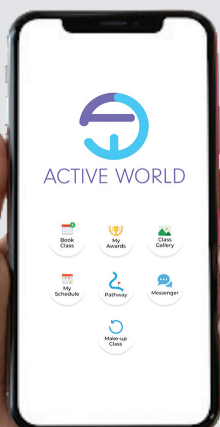
SOMERVILLE RECREATION CENTRE

REFORMER PILATES STUDIO							
	MON	TUES	WED	THURS	FRI	SAT	SUN
7:30AM	REFORMER PILATES		REFORMER PILATES				
9:20AM	REFORMER PILATES	REFORMER INTRO	REFORMER PILATES	REFORMER PILATES	REFORMER INTERMEDIATE		
10:45AM					REFORMER PILATES		
6:00PM		REFORMER PILATES		REFORMER PILATES			
6:30PM			REFORMER PILATES				

GROUP FITNESS STUDIO							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30AM	SPIN BIKE		SPIN BIKE BEGINNER				
9:00AM					ZUMBA		
9:10AM	TUMMY, HIPS & THIGHS	SOYF MAINTENANCE	BODY PUMP	SOYF ENTRY			
10:20AM	BODY BALANCE	PRIME MOVERS	ZUMBA	PRIME MOVERS	BODY PUMP		
10:30AM				YOGA			
11:30AM	CHI BALL	PRIME MOVERS	TAI CHI		BODY BALANCE		
5:00PM	ZUMBA	TAI CHI	ZUMBA	MAT PILATES			

ALL ACCESS CLASSES - ELIGIBILITY REQUIRED

DOWNLOAD THE ACTIVE
WORLD APP TO BOOK
YOUR GROUP FITNESS
CLASSES



SCAN THE QR CODE
TO VIEW THE
CLASS DESCRIPTIONS