

SOMERVILLE RECREATION CENTRE

REFORMER PILATES STUDIO

	MON	TUES	WED	THURS	FRI
9:20AM	REFORMER PERFORM	REFORMER CLASSIC	REFORMER HYBRID	REFORMER CLASSIC	REFORMER PERFORM
10:20AM	REFORMER CLASSIC SKILLS	REFORMER PERFORM	REFORMER CLASSIC	REFORMER HYBRID	
10:45AM					REFORMER CLASSIC SKILLS
5:30PM	REFORMER CLASSIC				
6:30PM		REFORMER HYBRID	REFORMER CLASSIC	REFORMER PERFORM	

GROUP FITNESS STUDIO

	MON	TUES	WED	THURS	FRI
8:20AM			BODY BALANCE		
9:00AM				AGESTRONG ENTRY	ZUMBA
9:20AM	BURN IT	AGESTRONG ENTRY	BODY PUMP		
9:45AM				CONNECT30 RESISTANCE	
10:20AM	MOMENTUM	PRIME MOVERS	ZUMBA	PRIME MOVERS	BODY PUMP
11:20AM	CONNECT30 RESISTANCE	BODY PUMP	PRIME BAR	MOMENTUM	BODY BALANCE
5:00PM	ZUMBA		ZUMBA		
5:30PM		BODY BALANCE		BODY PUMP	
6:00PM	CORE & MORE				

MULTIPURPOSE STUDIO

	MON	TUES	WED	THURS	FRI
9:20AM	PILATES				
11:20AM	YOGA (HATHA)				

ALL ACCESS CLASSES - ELIGIBILITY REQUIRED



DOWNLOAD THE ACTIVE WORLD APP TO BOOK YOUR GROUP FITNESS CLASSES



GROUP FITNESS TIMETABLE

SPRING 2023 EFFECTIVE FROM MONDAY 14 AUGUST

Classes and instructors are subject to change. Always check Active World app for most up to date class schedule. 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

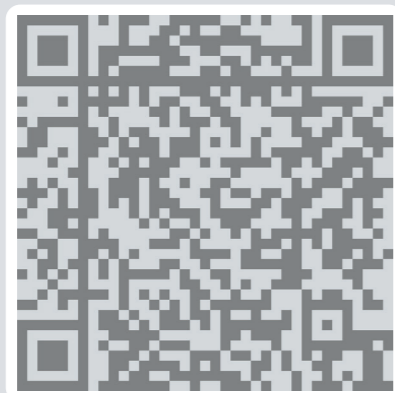
GROUP FITNESS STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	CARDIO STRENGTH	CORE & MORE	CARDIO STRENGTH	RPM FREESTYLE	CARDIO STRENGTH		
8:30AM		MOMENTUM				RPM	
9:25AM	CARDIO BLAST	BODY PUMP	BURN IT	BODY PUMP	BODY PUMP	BODY PUMP	
10:00AM		CONNECT30 FUNCTIONAL		CONNECT30 FUNCTIONAL			
10:35AM	PILATES	BODY BALANCE	STRETCH & STRENGTH	YOGA	BODY BALANCE		BODY BALANCE
12:00PM	SOYF MAINTENANCE						
1:00PM	SOYF ENTRY						
5:30PM	YOGALATES	ZUMBA	RPM	BODY PUMP			
6:30PM	BODY PUMP	HIIT BOXING	BODY BALANCE	CORE & MORE			

AQUA AEROBICS

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:15AM	AQUA	AQUA ZUMBA	AQUA	AQUA	AQUA		AQUA
9:15AM	AQUA DEEP	AQUA DEEP	AQUA	AQUA DEEP	AQUA DEEP		
10:15AM			AQUAEZE		AQUAEZE		
12:05PM						AQUA ZUMBA	
2:00PM	AQUA		AQUA DEEP	AQUA			
6:30PM		AQUA DEEP			AQUA DEEP		

ALL ACCESS CLASSES - ELIGIBILITY REQUIRED



SCAN THE QR CODE TO VIEW THE CLASS DESCRIPTIONS

CIVIC RESERVE RECREATION CENTRE

GROUP FITNESS STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM	ZUMBA	PRIME FUSION	ZUMBA	PRIME CIRCUIT	PRIME FUSION	BODY PUMP	
9:00AM						ZUMBA	
9:20AM	QIGONG	PRIME BAR		PRIME BAR	PILATES		
10:00AM			TAI CHI			YOGA	
10:30AM	BODY BALANCE	YOGA		BODY BALANCE			
10:45AM			ADVANCED TAI CHI				
12:00PM		PRIME MOVERS			AGESTRONG MAINTENANCE		
12:45PM				AGESTRONG ENTRY			
1:00PM		AGESTRONG ENTRY					
2:00PM				AGESTRONG CHAIR			
4:00PM				ZUMBA			
5:30PM	BODY PUMP		PILATES				
6:00PM		YOGALATES					
6:30PM	PILATES						

ALL ACCESS CLASSES - ELIGIBILITY REQUIRED

CONNECT30 - GYM FLOOR

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM							CONNECT30 RESISTANCE
9:20AM			CONNECT30 RESISTANCE				
10:30AM					CONNECT30 FUNCTIONAL		
12:30PM	CONNECT30 FUNCTIONAL	CONNECT30 POWER	CONNECT30 RESISTANCE	CONNECT30 AEROBIC	CONNECT30 FUNCTIONAL		
6:30PM	CONNECT30 FUNCTIONAL	CONNECT30 POWER	CONNECT30 RESISTANCE	CONNECT30 AEROBIC	CONNECT30 FUNCTIONAL		
8:00PM	CONNECT30 FUNCTIONAL		CONNECT30 RESISTANCE				

CLASSES HELD IN GROUP FITNESS STUDIO