

GROUP EXERCISE TIMETABLE

STARTING FROM 23 DECEMBER 2024



 **WaterMarc™**
Banyule

Classes and instructors are subject to change at short notice ~ Bookings are required to attend all group fitness classes and are available via the Active World App or reception ~ All participants must check in with instructor at commencement of class ~ Bring a towel and drink bottle to all classes ~ Casual participants must be 10 years or older (casual participants under the age of 16 must be accompanied by an adult) ~ Consult your doctor prior to participating in any group exercise program ~ Some classes are not suitable to do whilst pregnant. If you are unsure, contact your physician and let the group fitness instructor know.

For OH&S, entry to a class is not permitted once it has started

MAIN STUDIO

| TIME | MON 23/12 | TUE 24/12 | WED 25/12 | THU 26/12 | FRI 27/12 | SAT 28/12 | SUN 29/12 |
|---------|----------------------------------|---------------------|-----------|------------------|------------------|--------------------------|-----------|
| 6.05am | OUTDOOR CIRCHIIT Ben | | | | | | |
| 8.30am | BODYPUMP Kylie | CORE & MORE Pete | | | | 8.00am OUTDOOR BOXING | |
| 9.20am | CIRCHIIT Pete | BODYPUMP Cathy B | | | BODYPUMP Pete | BODYPUMP Kylie | |
| 10.30am | | LM DANCE Cathy F | | CIRCHIIT Pete | ZUMBA Rachel | ZUMBA Rita | |
| 5.30pm | 5.15PM OUTDOOR BOXING Pete | | | | | | |

WELLBEING STUDIO

| TIME | MON 23/12 | TUE 24/12 | WED 25/12 | THU 26/12 | FRI 27/12 | SAT 28/12 | SUN 29/12 |
|---------|------------------------------|----------------------|-----------|----------------------|------------------------|-----------------------|-----------------------------|
| 8.15am | | | | | PILATES Renee | BODY BALANCE Fiona | |
| 9.20am | VINYASA YOGA* Robyn | PILATES Cathy F | | PILATES Renee | BODY BALANCE Ravyn | PILATES Carole S | BODY BALANCE Carole S |
| 10.30am | PILATES Cathy F | BODY BALANCE Shel | | BODYBALANCE Fiona | YOGA BLEND Laura | YOGA BLEND Laura | PILATES & PROPS Carole S |
| 11.30am | YIN YOGA* Irina | YOGA BLEND* Laura | | | BARRE SCULPT Rachel | | |
| 12.30pm | FALLS PREVENTION* Cathy B | | | | | | |
| 6.15pm | YOGA BLEND* Jesse | | | | | | |
| 7.15pm | PILATES HIIT Carleigh | | | | | | |

REVOLVE CYCLE STUDIO

| TIME | MON 23/12 | TUE 24/12 | WED 25/12 | THU 26/12 | FRI 27/12 | SAT 28/12 | SUN 29/12 |
|--------|-----------------------|---------------|-----------|---------------|----------------------|---------------|-----------|
| 6.05am | | RPM Wes | | | | | |
| 9.20am | CYCLE XPRESS Kylie | CYCLE Pete | | CYCLE Pete | CYCLE XPRESS Kyle | CYCLE Pete | |
| 6.15pm | CYCLE John | | | | | | |

AQUA AEROBICS

| TIME | MON 23/12 | TUE 24/12 | WED 25/12 | THU 26/12 | FRI 27/12 | SAT 28/12 | SUN 29/12 |
|---------|-----------------------|----------------------|-----------|------------------------|------------------------|--------------------------------|-----------|
| 8.00am | | | | 50m AQUA FIT* Julie | AQUA FIT* Bronwyn | 8.30am AQUA FIT* Bronwyn | |
| 9.00am | 50m AQUA FIT* Deb | | | | 50m AQUA FIT* Julie | 9.30am AQUA FIT* Bronwyn | |
| 10.00am | AQUA DANCE* Irina | AQUA FIT* Bronwyn | | | | | |
| 6.15pm | AQUA FIT* Carleigh | | | | | | |

FUNCTIONAL TRAINING ROOM

| TIME | MON 23/12 | TUE 24/12 | WED 25/12 | THU 26/12 | FRI 27/12 | SAT 28/12 | SUN 29/12 |
|--------|--------------------------------|-----------------------------|-----------|--------------------------|-----------------------|---------------------------|-----------------------------|
| 6.15am | | BE ACTIVE FT* Functional | | | | | |
| 8.00am | SENIORS GYM CIRCUIT* Rod | | | | WONDER WOMEN* Kara | | |
| 9.30am | BE ACTIVE FT* Aerobic | BE ACTIVE FT* Functional | | BE ACTIVE FT* Aerobic | | BE ACTIVE FT* Strength | BE ACTIVE FT* Functional |
| 5.30pm | BE ACTIVE FT* Aerobic | | | | | | |

MAIN STUDIO

| TIME | MON 30/12 | TUE 31/12 | WED 1/1 | THU 2/1 | FRI 3/1 | SAT 4/1 | SUN 5/1 |
|---------|--------------------------|---------------------|---------|------------------|------------------|--------------------------|------------------|
| 8.30am | BODYPUMP Kylie | CORE & MORE Pete | | | | 8.00am OUTDOOR BOXING | |
| 9.20am | CIRCHIIT Pete | BODYPUMP Cathy B | | ZUMBA* Rita | BODYPUMP Pete | BODYPUMP Kylie | CIRCHIIT Adam |
| 10.30am | | LM DANCE Cathy F | | CIRCHIIT Pete | ZUMBA Rachel | ZUMBA Rita | |
| 5.30pm | 5.15PM OUTDOOR BOXING | | | STRENGTH Pete | | | |

WELLBEING STUDIO

| TIME | MON 30/12 | TUE 31/12 | WED 1/1 | THU 2/1 | FRI 3/1 | SAT 4/1 | SUN 5/1 |
|---------|------------------------------|----------------------|---------|---------------------------|-----------------------------------|-----------------------|-----------------------------|
| 8.15am | | | | 7.00am PILATES Kara | PILATES Jenny | BODY BALANCE Jenny | |
| 9.20am | VINYASA YOGA* Robyn | PILATES Cathy F | | PILATES Carole S | BODY BALANCE Jenny | PILATES Carole S | BODY BALANCE Carole S |
| 10.30am | PILATES Cathy F | BODY BALANCE Shel | | | | YOGA BLEND* Laura | PILATES & PROPS Carole S |
| 12.30pm | FALLS PREVENTION* Cathy B | | | | 11.30am BARRE SCULPT Rachel | | |
| 6.15pm | YOGA BLEND* Jesse | | | BODY BALANCE Jenny | | | |

REVOLVE CYCLE STUDIO

| TIME | MON 30/12 | TUE 31/12 | WED 1/1 | THU 2/1 | FRI 3/1 | SAT 4/1 | SUN 5/1 |
|--------|-----------------------|---------------|---------|---------------|----------------------|---------------|---------------|
| 8.30am | | | | | | | CYCLE Tash |
| 9.20am | CYCLE XPRESS Kylie | CYCLE Pete | | CYCLE Pete | CYCLE XPRESS Kyle | CYCLE Pete | |
| 6.15pm | | | | RPM Amanda | | | |

AQUA AEROBICS

| TIME | MON 30/12 | TUE 31/12 | WED 1/1 | THU 2/1 | FRI 3/1 | SAT 4/1 | SUN 5/1 |
|---------|-----------------------|--------------------------|---------|------------------------|------------------------|--------------------------------|---------|
| 8.00am | | 50m AQUA FIT* Bronwyn | | 50m AQUA FIT* Julie | AQUA FIT* Bronwyn | 8.30am AQUA FIT* Bronwyn | |
| 9.00am | 50m AQUA FIT* Deb | | | | 50m AQUA FIT* Julie | 9.30am AQUA FIT* Bronwyn | |
| 10.00am | | AQUA FIT* Bronwyn | | | | | |
| 6.15pm | AQUA FIT* Carleigh | | | | | | |

FUNCTIONAL TRAINING ROOM

| TIME | MON 30/12 | TUE 31/12 | WED 1/1 | THU 2/1 | FRI 3/1 | SAT 4/1 | SUN 5/1 |
|--------|--------------------------|-----------------------------|---------|--------------------------|-----------------------------|---------------------------|-----------------------------|
| 8.00am | | | | | WONDER WOMEN* Kara | | |
| 9.30am | BE ACTIVE FT* Aerobic | BE ACTIVE FT* Functional | | BE ACTIVE FT* Aerobic | BE ACTIVE FT* Functional | BE ACTIVE FT* Strength | BE ACTIVE FT* Functional |

MAIN STUDIO

| TIME | MON 6/1 | TUE 7/1 | WED 8/1 | THU 9/1 | FRI 10/1 | SAT 11/1 | SUN 12/1 |
|---------|----------------------------------|---------------------|--------------------|---------------------|--------------------|----------------------------------|------------------|
| 6.05am | OUTDOOR CIRCHIIT Ben | | | | | | |
| 8.30am | BODYPUMP Kylie | CORE & MORE Pete | | | | 8.00am OUTDOOR BOXING Pete | |
| 9.20am | CIRCHIIT Pete | | CORE & MORE Mel | ZUMBA GOLD* Shel | BODYPUMP Carmel | | CIRCHIIT Adam |
| 10.30am | | LM DANCE Cathy F | | CIRCHIIT Pete | | ZUMBA Rita | |
| 5.30pm | 5.15PM OUTDOOR BOXING Pete | CORE & MORE Pete | CIRCHIIT Pete | STRENGTH Pete | | | |

WELLBEING STUDIO

| TIME | MON 6/1 | TUE 7/1 | WED 8/1 | THU 9/1 | FRI 10/1 | SAT 11/1 | SUN 12/1 |
|---------|--------------------------|-----------------------|--------------------------|---------------------|-----------------------|-----------------------|-----------------------------|
| 8.15am | | | | | PILATES Jenny | BODY BALANCE Fiona | |
| 9.20am | VINYASA YOGA* Robyn | PILATES Cathy F | BODY BALANCE Jenny | PILATES Carole S | BODY BALANCE Jenny | PILATES Carole S | BODY BALANCE Carole S |
| 10.30am | PILATES Cathy F | BODY BALANCE Shel | MEDITATION/YIN* Irina | | | YOGA BLEND* Irina | PILATES & PROPS Carole S |
| 11.30am | YIN YOGA* Irina | | | | | | YOGA BLEND* Irina |
| 6.15pm | YOGA BLEND* Jesse | PILATES Renee | BODYBALANCE Jenny | YOGA BLEND Jesse | | | |
| 7.15pm | PILATES HIIT Carleigh | VINYASA YOGA Robyn | PILATES HIIT Carleigh | | | | |

REVOLVE CYCLE STUDIO

| TIME | MON 6/1 | TUE 7/1 | WED 8/1 | THU 9/1 | FRI 10/1 | SAT 11/1 | SUN 12/1 |
|--------|-----------------------|-----------------------|---------|---------------|----------------------|---------------|-------------------------|
| 6.05am | | RPM Wes | | | | | 8.30am CYCLE Tash |
| 9.20am | CYCLE XPRESS Kylie | CYCLE Pete | | CYCLE Pete | CYCLE XPRESS Tash | CYCLE Pete | |
| 6.15pm | CYCLE John | 5.30pm RPM Tash | | RPM Amanda | | | |

AQUA AEROBICS

| TIME | MON 6/1 | TUE 7/1 | WED 8/1 | THU 9/1 | FRI 10/1 | SAT 11/1 | SUN 12/1 |
|---------|-----------------------|--------------------------|----------------------|----------------------------|------------------------|--------------------------------|----------|
| 8.00am | | 50m AQUA FIT* Bronwyn | 50m AQUA FIT* Mel | 50m AQUA FIT* Julie | AQUA FIT* Bronwyn | 8.30am AQUA FIT* Bronwyn | |
| 9.00am | | AQUA DANCE* Irina | | | 50m AQUA FIT* Julie | 9.30am AQUA FIT* Bronwyn | |
| 10.00am | AQUA DANCE* Irina | AQUA FIT* Bronwyn | | 1.30pm AQUA FIT* Mel | | | |
| 6.15pm | AQUA FIT* Carleigh | AQUA FIT* Mel | AQUA FIT* Kate | | | | |

FUNCTIONAL TRAINING ROOM

| TIME | MON 6/1 | TUE 7/1 | WED 8/1 | THU 9/1 | FRI 10/1 | SAT 11/1 | SUN 12/1 |
|--------|--------------------------|-----------------------------|---------------------------|----------------------------|-----------------------------|---------------------------|-----------------------------|
| 6.15am | | BE ACTIVE FT* Functional | BE ACTIVE FT* Strength | | | | |
| 8.00am | SENIORS CIRCUIT* Rod | | WONDER WOMEN* Sabrina | | WONDER WOMEN* Julie | | |
| 9.30am | BE ACTIVE FT* Aerobic | BE ACTIVE FT* Functional | BE ACTIVE FT* Strength | BE ACTIVE FT* Aerobic | BE ACTIVE FT* Functional | BE ACTIVE FT* Strength | BE ACTIVE FT* Functional |
| 1.30pm | | | | SENIORS CIRCUIT* Alanna | | | |
| 6.15pm | | BE ACTIVE FT* Functional | BE ACTIVE FT* Strength | BE ACTIVE FT* Aerobic | | | |

MAIN STUDIO

| TIME | MON 13/1 | TUE 14/1 | WED 15/1 | THU 16/1 | FRI 17/1 | SAT 18/1 | SUN 19/1 |
|---------|----------------------------------|----------------------------|--------------------|----------------------------|--------------------|----------------------------------|------------------|
| 6.05am | OUTDOOR CIRCHIIT Ben | | | | | | |
| 8.30am | BODYPUMP Cathy B | CORE & MORE Pete | | | | 8.00am OUTDOOR BOXING Pete | |
| 9.20am | CIRCHIIT Pete | BODYPUMP Cathy B | CORE & MORE Mel | ZUMBA GOLD* Lauren | BODYPUMP Carmel | BODYPUMP Cathy B | CIRCHIIT Adam |
| 10.30am | | LM DANCE Cathy F | BODYPUMP Mel | CIRCHIIT Pete | | | |
| 11.20am | | CARDIO SENIORS Carole R | | STRONG SENIORS Carole R | | | |
| 5.30pm | 5.15PM OUTDOOR BOXING Pete | CORE & MORE Pete | CIRCHIIT Pete | STRENGTH Pete | | | |
| 6.15pm | BODYPUMP Cathy B | | | | | | |

WELLBEING STUDIO

| TIME | MON 13/1 | TUE 14/1 | WED 15/1 | THU 16/1 | FRI 17/1 | SAT 18/1 | SUN 19/1 |
|---------|---------------------------------|-----------------------|---------------------------------|------------------------|-----------------------|-----------------------|-----------------------------|
| 8.15am | | | | 7am PILATES Kara | PILATES Jenny | BODY BALANCE Jenny | |
| 9.20am | VINYASA YOGA* Robyn | PILATES Cathy F | BODY BALANCE Jenny | PILATES Carole S | BODY BALANCE Jenny | PILATES Carole S | BODY BALANCE Carole S |
| 10.30am | PILATES Cathy F | BODY BALANCE Shel | MEDITATION/YIN* Irina | | YOGA BLEND* Rod | YOGA BLEND* Irina | PILATES & PROPS Carole S |
| 11.30am | YIN YOGA* Irina | | FALLS PREVENTION* L2 Cathy B | | | | YOGA BLEND* Irina |
| 12.30pm | FALLS PREVENTION* L1 Cathy B | | FALLS PREVENTION* L1 Cathy B | | | | |
| 6.15pm | YOGA BLEND* Jesse | PILATES Emily | BODYBALANCE Denise | | BODYBALANCE Ravyn | | |
| 7.15pm | PILATES HIIT Carleigh | VINYASA YOGA Robyn | PILATES HIIT Carleigh | BODYBALANCE Denise | | | |

REVOLVE CYCLE STUDIO

| TIME | MON 13/1 | TUE 14/1 | WED 15/1 | THU 16/1 | FRI 17/1 | SAT 18/1 | SUN 19/1 |
|--------|-----------------------|-----------------------|----------------|---------------|--------------------|---------------|-------------------------|
| 6.05am | | RPM Wes | | RPM Ravyn | | | 8.30am CYCLE Tash |
| 9.20am | CYCLE XPRESS Fiona | CYCLE Pete | | CYCLE Pete | CYCLE XPRESS Jo | CYCLE Pete | |
| 6.15pm | CYCLE John | 5.30pm RPM Tash | RPM Chrissy | RPM Amanda | | | |

AQUA AEROBICS

| TIME | MON 13/1 | TUE 14/1 | WED 15/1 | THU 16/1 | FRI 17/1 | SAT 18/1 | SUN 19/1 |
|---------|-----------------------|---------------------------|----------------------|----------------------------|------------------------|--------------------------------|----------|
| 8.00am | | 50m AQUA FIT* Carole R | 50m AQUA FIT* Mel | 50m AQUA FIT* Julie | AQUA FIT* Bronwyn | 8.30am AQUA FIT* Bronwyn | |
| 9.00am | | AQUA DANCE* Irina | | | 50m AQUA FIT* Julie | 9.30am AQUA FIT* Bronwyn | |
| 10.00am | AQUA DANCE* Irina | AQUA FIT* Bronwyn | | 1.30pm AQUA FIT* Mel | | | |
| 6.15pm | AQUA FIT* Carleigh | AQUA FIT* Mel | AQUA FIT* Kate | | | | |

FUNCTIONAL TRAINING ROOM

| TIME | MON 13/1 | TUE 14/1 | WED 15/1 | THU 16/1 | FRI 17/1 | SAT 18/1 | SUN 19/1 |
|------------|------------------------------------|---------------------------------------|---------------------------|---------------------------------------|-----------------------------|---------------------------|-----------------------------|
| 6.15am | | BE ACTIVE FT* Functional | BE ACTIVE FT* Strength | BE ACTIVE FT* Aerobic | BE ACTIVE FT* Functional | | |
| 8.00am | SENIORS CIRCUIT* Rod | | WONDER WOMEN* Sabrina | | WONDER WOMEN* Kara | | |
| 9.30am | BE ACTIVE FT* Aerobic | BE ACTIVE FT* Functional | BE ACTIVE FT* Strength | BE ACTIVE FT* Aerobic | BE ACTIVE FT* Functional | BE ACTIVE FT* Strength | BE ACTIVE FT* Functional |
| PM classes | 5.30pm BE ACTIVE FT* Aerobic | 6.15pm BE ACTIVE FT* Functional | | 12.30pm SENIORS CIRCUIT* Alanna | | | |

CLASS DESCRIPTIONS

Main Studio

BODYPUMP (45 mins)

A barbell workout that strengthens your entire body and challenges all your major muscle groups by using the best weight-room exercises with great music and awesome instructors.

BOXING (55 mins)

Punching technique, pad work, skipping, running and abdominal work that will make you sweat! (If not using your own gloves please bring inners to class) **Run outdoors on Greensborough Walk**

CORE & MORE (45 mins)

Strength and endurance training for your abs, glutes, back and shoulders.

CIRC-HIIT (45 mins)

A high intensity mix of strength and cardio training intervals. Uses equipment and body weight exercises. **Outdoor class run on Greensborough Walk**

LM TONE* (45 mins) A mix of functional training and tubing exercises mixed with great music, TONE accommodates most fitness levels.

LM DANCE* (45 mins) (ff)

Featuring simple but seriously hot dance moves, it's the perfect way to shape up and let out your inner star!

STRENGTH CIRCUIT (45 mins)

Improve your muscular strength and endurance using barbells, kettlebells and body weight exercises

ZUMBA (50mins) (ff)

Exotic rhythms set to high energy Latin and international beats. It's a combination of fitness and dance moves to swinging Latin music.

ZUMBA GOLD* (45 mins) (ff)

A lower impact, easy to follow version of Zumba.

Specialty Classes

* All specialty classes are \$5 per session for non-members unless specified

ALL ABILITIES AQUA* (30 mins) (ff)

Fun and movement in the water, with simple moves and familiar music. Carers and parents welcome. Warm Water Program Pool

ALL ABILITIES DANCE* (45 mins) (ff)

A fun, inclusive dance class designed to enable everyone to participate—whatever their age and ability. Carers and parents welcome. Main Studio

TAI CHI* (45 mins) (ff)

Calm your body and mind as you focus on gentle martial-arts inspired movements. Runs during school terms only. Wellbeing room

Cycle

CYCLE* (45 mins & XPRESS 30 mins) (ff)

Freestyle indoor cycling class coached by an instructor who will guide you through a series of sprints, climbs & attacks. Riders can work at their own pace to inspirational music.

RPM (45 mins & XPRESS 30 mins) (ff)

Les Mills pre-choreographed group indoor cycling workout where you control the intensity. It's fun, low impact and will inspire you to reach personal best.

LES MILLS SPRINT (30 mins)

Pre-choreographed group indoor cycling workout where you control the intensity. It's fun, low impact and inspiring!

Wellbeing

BARRE SCULPT (45 mins) (ff)

A fusion of ballet barre, yoga and Pilates. Designed to challenge core stability and balance using bodyweight and light hand weights as resistance. Barre Sculpt will help you achieve a lean and strong body.

BODY BALANCE (55 mins) (ff)

The Yoga and Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Participants will need to be able to bear some weight on their hands and kneel on a mat.

MEDITATION (30mins) (ff)

Wind down and de-stress with a short sequence of Yin yoga, followed by guided mindfulness.

PILATES* (45 mins) (ff)

Pilates will assist in strengthening your core area and improving your flexibility, by focusing on correct body alignment, breathing, and lengthening and strengthening your muscles.

PILATES HIIT (30-45 mins)

Incorporates traditional mat Pilates combined with elements of high intensity interval training (HIIT) Using a variety of props to strengthen the core, increase flexibility and stamina and experience deep stretches.

YOGA (55 mins)

Vinyasa Yoga (ff)

Energetic style of flowing movements. Sun salutations, standing balance and meditative relaxation.

*Tuesday 7.15pm classes are 45mins Yoga with 15mins Meditation

Hatha Yoga (ff)

Move mindfully and deliberately into different poses that challenge strength and flexibility, whilst at the same time focusing on mindfulness.

Yoga Blend (ff)

A combination of hatha yoga and restorative yoga.

WWPP & 50 Metre Pool

AQUA FIT* (45 mins) (WWPP—ff)

Inclusive of every fitness level and age. Working out in water eliminates stress on the joints, improves cardiovascular fitness, strength, flexibility and overall health. Classes are usually a combination of body weight exercises, using water as resistance, and equipment based exercises using dumbbells, kickboards and noodles.

AQUA DANCE* (45 mins) (ff)

Dance and Splash your way into shape with an invigorating low impact aquatic exercise.

DEEP WATER RUNNING (45 mins) (ff)

-must be confident in deep water

A higher intensity deep water workout where patrons should be comfortable working out in deep water. Aqua flotation belts are optional. Meet at deep end of the 50 metre pool.

BeActive Functional Training

30 minute functional training, held in the gym functional training room

AEROBIC (ff)

High intensity workout that will challenge your cardiovascular and muscular endurance

FUNCTIONAL

A high energy session combining cardio, strength and functional movements to ignite your metabolism

STRENGTH

Full body workout to enhance functional strength, improve stability, and improve overall performance

Seniors Program

The Seniors Program of classes are designed to help keep the mind, body and spirit of older adults active, engaged and strong. We aim to offer classes that are varied and enjoyable, where individuals can come together as a community.

CARDIO & STRONG SENIORS*

(45 mins, Main Studio)

Cardio Seniors (main studio) is a cardio workout that will help improve heart and lung fitness as well as your balance and co-ordination. This class has everything - music, friends and movement. **Strong Seniors** (main studio) is a strength based class of functional strength exercises using your body weight, balls and light hand weights. These exercises will strengthen your muscles so that everyday tasks remain easy and enjoyable.

GREENSBOROUGH MALL WALKERS* (45 mins)

Meet Greensborough Plaza outside Target, Level 2. An all-weather walking group inside Greensborough Plaza. Walk, talk and enjoy a cuppa afterwards.

YIN YOGA* (45 mins, Wellbeing Room)

A gentle yoga class (wellbeing studio) with very little weight bearing on the hands and knees and poses held for longer periods. Ideal for beginners and those wanting a slower, gentle class

SENIORS CYCLE* (30 mins)

Connect with others in this easy to moderate intensity class set to great music. Perfect for beginners!

FALLS PREVENTION*

(45 mins, Wellbeing Room)

*\$5 per session for non-members

Improve strength, balance and coordination in order to minimize falls risk

Level 1—entry level, all exercises are performed either standing or seated.

Level 2— Involves floor work: participants MUST have ability to get onto floor and back up without assistance.

WONDER WOMEN* (50 mins, Function Training room)

A non-intimidating female only class held in the coaching zone area of the health club. A combination of body weight, free weight and machine weight exercises. These classes are perfect class if you're wanting to transition into gym training or looking for company whilst you work out.

GYM CIRCUIT* (50 mins, Functional Training Room)

Held in the coaching zone room in the gym, this motivating class will build strength and cardio fitness whilst exercising with like-minded people. All experience levels and abilities welcome!



Classes marked with a heart need more love! Please attend these classes to keep them on your timetable

(ff) Classes suitable for children aged 10 and above— non-member under 16s must be accompanied by an adult during the class

*Classes with an asterisk are generally considered safe for all ages and fitness levels. If you are in doubt, please speak with the group fitness instructor prior to the class.

Please bring your own mats to classes

Participants must wipe down equipment after use