

# GROUP EXERCISE TIMETABLE

STARTING FROM **DECEMBER 22 2025**



 **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**

# TIMETABLE FROM DECEMBER 22 2025

## MAIN STUDIO

TIME	MON 22/12	TUE 23/12	WED 24/12	THU 25/12	FRI 26/12	SAT 27/12	SUN 28/12
6.05am	OUTDOOR CIRCHIIT Ben		LM SHAPES CHRISTMAS CLASS! Ravyn			8.00am OUTDOOR BOXING Pete	
8.15am	BODYPUMP Kylie	BODYPUMP Cathy B	BODY BALANCE Jenny		PETE CIRCHIIT	PILATES Carole S	CIRCHIIT Adam
9.20am	VINYASA YOGA* Laura	PILATES Cathy F	CORE & MORE Melinda		BODYPUMP Ning	BODYPUMP Kylie	BODY BALANCE Carole
10.30am	PILATES Cathy F	LM DANCE Cathy F			ZUMBA Cheryl	ZUMBA Rita	PILATES Carole S
11.35am	YIN YOGA* Irina	CARDIO SNRS* Carol R					
12.40pm	FALLS PREVENTION Level 1* Cathy B						
5.30pm	5.15pm OUTDOOR BOXING Pete	CORE & MORE Pete					
6.15pm	YOGA BLEND* Jesse	PILATES Emily					

## REVOLVE CYCLE STUDIO

TIME	MON 22/12	TUE 23/12	WED 24/12	THU 25/12	FRI 26/12	SAT 27/12	SUN 28/12
6.05am		Cycle Jess					8.30am RPM Anna
9.20am	CYCLE XPRESS Kylie	CYCLE Pete			CYCLE XPRESS Kyle	CYCLE Pete	
6.15pm	CYCLE John						

## AQUA FITNESS CLASSES

TIME	MON 22/12	TUE 23/12	WED 24/12	THU 25/12	FRI 26/12	SAT 27/12	SUN 28/12
8.00am		50m AQUA FIT* Carole R	50m AQUA FIT* Mel		AQUA FIT* Nella	8.30am AQUA FIT* Nella	
9.00am	50m AQUA FIT* Deb	AQUA FIT* Bronwyn	AQUA FIT* Nella			9.30am AQUA FIT* Nella	
10.00am	AQUA DANCE* Irina	AQUA FIT* Bronwyn					
6.15pm		AQUA FIT* Mel					

## FUNCTIONAL TRAINING ROOM

TIME	MON 22/12	TUE 23/12	WED 24/12	THU 25/12	FRI 26/12	SAT 27/12	SUN 28/12
6.15am		BE ACTIVE FT Functional	BE ACTIVE FT Strength		7.15am BE ACTIVE FT Functional	7.15am BE ACTIVE FT Strength	
8.00am	SENIORS GYM CIR- CUIT* Rod		WONDER WOMEN* Sabrina		WONDER WOMEN* Sabrina		
9.30am	BE ACTIVE FT Aerobic	BE ACTIVE FT Functional	BE ACTIVE FT Strength		BE ACTIVE FT Functional	BE ACTIVE FT Strength	BE ACTIVE FT Functional
Evening	5.30pm BE ACTIVE FT Aerobic	6.15pm BE ACTIVE FT Functional					

# TIMETABLE FROM DECEMBER 29 2025

## MAIN STUDIO

TIME	MON 29/12	TUE 30/12	WED 31/12	THU 1/1	FRI 2/1	SAT 3/1	SUN 4/1
8.15am	BODYPUMP Kylie	BODYPUMP Cathy B	CIRCHIIT Pete		BODYBALANCE Fiona	8.00am OUTDOOR BOXING Pete	CIRCHIIT Adam
9.20am	VINYASA YOGA* Laura	PILATES Cathy F	CORE & MORE Pete		BODYPUMP Fiona	PILATES Carole S	BODY BALANCE Carole
10.30am	PILATES Cathy F	LM DANCE Cathy F	BODYPUMP Fiona		ZUMBA Cheryl	ZUMBA Rita	PILATES Carole S
5.30pm	5.15pm OUTDOOR BOXING Pete	CORE & MORE Pete					
6.15pm	YOGA BLEND* Jesse						

## REVOLVE CYCLE STUDIO

TIME	MON 29/12	TUE 30/12	WED 31/12	THU 1/1	FRI 2/1	SAT 3/1	SUN 4/1
9.20am	CYCLE XPRESS Kylie	CYCLE Pete			CYCLE XPRESS Pete	CYCLE Pete	8.30am RPM Anna
6.15pm	CYCLE Pete						

## AQUA FITNESS CLASSES

TIME	MON 29/12	TUE 30/12	WED 31/12	THU 1/1	FRI 2/1	SAT 3/1	SUN 4/1
8.00am		50m AQUA FIT* Julie	50m AQUA FIT* Mel		AQUA FIT* Julie	8.30am AQUA FIT* Julie	
9.00am	50m AQUA FIT* Deb	AQUA FIT* Julie	AQUA FIT* Mel				
6.15pm		AQUA FIT* Mel					

## FUNCTIONAL TRAINING ROOM

TIME	MON 29/12	TUE 30/12	WED 31/12	THU 1/1	FRI 2/1	SAT 3/1	SUN 4/1
Early AM		7.15am BE ACTIVE FT Functional	7.15am BE ACTIVE FT Strength		6.15am BE ACTIVE FT Functional	7.30am BE ACTIVE FT Strength	
8.00am	SENIORS GYM CIR- CUIT* Rod		WONDER WOMEN* Sabrina		WONDER WOMEN* Sabrina		
9.30am	BE ACTIVE FT Aerobic	BE ACTIVE FT Functional	BE ACTIVE FT Strength		BE ACTIVE FT Functional	BE ACTIVE FT Strength	BE ACTIVE FT Functional
Evening	5.30pm ACTIVE FT Aerobic	6.15pm BE ACTIVE FT Functional					

# TIMETABLE FROM JANUARY 5 2026

## MAIN STUDIO

TIME	MON 5/1	TUE 6/1	WED 7/1	THU 8/1	FRI 9/1	SAT 10/1	SUN 11/1
8.00am	6.05am OUTDOOR CIRCHIIT Ben			7am PILATES Kara		OUTDOOR BOXING Pete	
8.15am	BODYPUMP Kylie	BODYPUMP Cathy B	BODY BALANCE Jenny	CIRCHIIT Pete	PILATES Jenny	PILATES Carole S	CIRCHIIT Adam
9.20am	VINYASA YOGA* Laura	PILATES Cathy F	CORE & MORE Pete	ZUMBA GOLD* <a href="#">Lauren's Last Class!</a>	BODY BALANCE Jenny	BODYPUMP Kylie	BODY BALANCE Carole
10.30am	PILATES Cathy F	LM DANCE Cathy F		PILATES Carole S	ZUMBA Cheryl	YOGA BLEND* Irina	PILATES Carole S
11.35am			FALLS PREVENTION Level 2* Cathy B				
12.40pm	FALLS PREVENTION Level 1* Cathy B		FALLS PREVENTION Level 1* Cathy B				
5.30pm	5.15am OUTDOOR BOXING Pete	CORE & MORE Pete	CIRCHIIT Pete	STRENGTH CIRCHIIT Adam			
6.15pm	YOGA BLEND* Jesse		BODY BALANCE Denise	BODYPUMP Amanda M			

## REVOLVE CYCLE STUDIO

TIME	MON 5/1	TUE 6/1	WED 7/1	THU 8/1	FRI 9/1	SAT 10/1	SUN 11/1
6.05am				CYCLE Tash	8.30am SENIORS CYCLE* Kylie		8.30am RPM Anna
9.20am	CYCLE XPRESS Kylie	CYCLE Pete		CYCLE Pete	CYCLE XPRESS Kyle	CYCLE Pete	
6.15pm	CYCLE John	5.30pm CYCLE Tash	RPM Chrissy	RPM Amanda L			

## AQUA FITNESS CLASSES

TIME	MON 5/1	TUE 6/1	WED 7/1	THU 8/1	FRI 9/1	SAT 10/1	SUN 11/1
8.00am		50m AQUA FIT* Julie	50m AQUA FIT* Mel	50m AQUA FIT* Julie	AQUA FIT* Bronwyn	8.30am AQUA FIT* Bronwyn	
9.00am	50m AQUA FIT* Julie		AQUA FIT* Mel	AQUA FIT* Tash		9.30am AQUA FIT* Bronwyn	
10.00am	AQUA DANCE* Irina	AQUA FIT* Julie		1.30pm AQUA FIT* Mel			
6.15pm	AQUA FIT* Anneliese	AQUA FIT* Mel		5.15pm AQUA FIT* Amanda M			

## FUNCTIONAL TRAINING ROOM

TIME	MON 5/1	TUE 6/1	WED 7/1	THU 8/1	FRI 9/1	SAT 10/1	SUN 11/1
6.15am		BE ACTIVE FT Functional	BE ACTIVE FT Strength	BE ACTIVE FT Aerobic	BE ACTIVE FT Functional	7.30am BE ACTIVE FT Strength	
8.00am	SENIORS GYM CIR- CUIT* Rod		WONDER WOMEN* Sabrina		WONDER WOMEN* Sabrina		
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
Evening	5.30pm BE ACTIVE FT Aerobic	6.15pm BE ACTIVE FT Functional					

# TIMETABLE FROM JANUARY 12 2026

MAIN STUDIO							
TIME	MON 12/1	TUE 13/1	WED 14/1	THU 15/1	FRI 16/1	SAT 17/1	SUN 18/1
6.05am	OUTDOOR CIRCHIIT Ben		LM SHAPES Ravyn				
8.15am	BODYPUMP Kylie	BODYPUMP Cathy B	BODY BALANCE Jenny	CIRCHIIT Pete	PILATES Jenny	8.00am OUTDOOR BOXING Pete	
9.20am		PILATES Cathy F	CORE & MORE Pete	LM DANCE* Shel	BODY BALANCE Jenny	BODYPUMP Kylie	CIRCHIIT Adam
10.30am	PILATES Cathy F	LM DANCE Cathy F	MEDITATION/YIN* Irina	PILATES Carole S	ZUMBA Cheryl	ZUMBA Rita	ZUMBA Greg
11.35am	YIN YOGA* Irina		FALLS PREVENTION Level 2* Cathy B			WELLBEING STUDIO	
12.40pm	FALLS PREVENTION Level 1* Cathy B		FALLS PREVENTION Level 1* Cathy B		CHAIR YOGA* Laura	8.15am BODYBALANCE Jenny	
5.30pm	5.15pm OUTDOOR BOXING Pete	CORE & MORE Pete	CIRCHIIT Pete	PILATES Laura		9.20am PILATES Carole S	9.20am BODYBALANCE Carole S
6.15pm	YOGA BLEND* Jesse	PILATES Emily	BODY BALANCE Denise	YOGA BLEND* Laura	BODY BALANCE Ravyn	10.30am YOGA BLEND Irina	10.30am PILATES Carole S
REVOLVE CYCLE STUDIO							
TIME	MON 12/1	TUE 13/1	WED 14/1	THU 15/1	FRI 16/1	SAT 17/1	SUN 18/1
6.05am				RPM Ravyn	8.30am SENIORS CYCLE* Kylie		8.30am RPM Anna
9.20am	CYCLE XPRESS Kylie	CYCLE Pete		CYCLE Pete	CYCLE XPRESS Kyle	CYCLE Pete	
6.15pm	CYCLE John	5.30pm CYCLE Tash	RPM Chrissy	RPM Amanda L			
AQUA FITNESS CLASSES							
TIME	MON 12/1	TUE 13/1	WED 14/1	THU 15/1	FRI 16/1	SAT 17/1	SUN 18/1
8.00am		50m AQUA FIT* Julie	50m AQUA FIT* Mel	50m AQUA FIT* Julie	AQUA FIT* Bronwyn	8.30am AQUA FIT* Bronwyn	
9.00am	50m AQUA FIT* Julie		AQUA FIT* Mel	AQUA FIT* Tash		9.30am AQUA FIT* Bronwyn	
10.00am	AQUA DANCE* Irina	AQUA FIT* Bronwyn		1.30pm AQUA FIT* Mel			
6.15pm	AQUA FIT* Anneliese	AQUA FIT* Mel		5.15pm AQUA FIT* Amanda M			
FUNCTIONAL TRAINING ROOM							
TIME	MON 12/1	TUE 13/1	WED 14/1	THU 15/1	FRI 16/1	SAT 17/1	SUN 18/1
6.15am		BE ACTIVE FT Functional	BE ACTIVE FT Strength	BE ACTIVE FT Aerobic	BE ACTIVE FT Functional	7.30am BE ACTIVE FT Strength	
8.00am	SENIORS GYM CIR- CUIT* Rod		WONDER WOMEN* Sabrina		WONDER WOMEN* Sabrina		
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
Evening	5.30pm BE ACTIVE FT Aerobic	6.15pm BE ACTIVE FT Functional					

MAIN STUDIO							
TIME	MON 19/1	TUE 20/1	WED 21/1	THU 22/1	FRI 23/1	SAT 24/1	SUN 25/1
6.05am	OUTDOOR CIRCHIIT Ben						
8.30am	BODYPUMP Kylie	CORE & MORE Pete				8.00am OUTDOOR BOXING Pete	
9.20am	CIRCHIIT Pete	BODYPUMP Cathy B	CORE & MORE Mel	LM DANCE Shel	BODYPUMP Fiona	BODYPUMP Kylie	CIRCHIIT Adam
10.30am	STRENGTH DEVELOPMENT Cathy	LM Dance Cathy F	BODYPUMP Fiona	CIRCHIIT Pete	ZUMBA Cheryl	ZUMBA Rita	ZUMBA Greg
11.20am		CARDIO SENIORS Carole R	FALLS PREVENTION* L2 Cathy B	STRONG SENIORS Carole R			
5.30pm	5.15PM OUTDOOR BOXING Pete	CORE & MORE Pete	CIRCHIIT Pete	STRENGTH Adam			
6.15pm	BODYPUMP Lina	BEGINNERS BOXING Pete		BODYPUMP Amanda M			
WELLBEING STUDIO							
TIME	MON 19/1	TUE 20/1	WED 21/1	THU 22/1	FRI 23/1	SAT 24/1	SUN 25/1
8.15am			6.05am LM SHAPES Ravyn		PILATES Jenny		
9.20am	VINYASA YOGA* Laura	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
11.35am	YIN YOGA* Irina	YOGA BLEND Laura			BARRE SCULPT* Laura		
12.40pm	FALLS PREVENTION* L1 Cathy B	5.30pm BODY BALANCE Cathy F	FALLS PREVENTION* L1 Cathy B	5.30pm PILATES Laura	CHAIR YOGA* Laura		
6.15pm	YOGA BLEND* Jesse	PILATES Emily	BODYBALANCE Denise	YOGA BLEND* Laura	BODYBALANCE Ravyn		
7.15pm	PILATES HIIT Carleigh	VINYASA YOGA Laura	PILATES HIIT Carleigh	BODYBALANCE Denise			
REVOLVE CYCLE STUDIO							
TIME	MON 19/1	TUE 20/1	WED 21/1	THU 22/1	FRI 23/1	SAT 24/1	SUN 25/1
6.05am				RPM Ravyn	8.30am SENIORS CYCLE Kylie		8.30am CYCLE Anna
9.20am	CYCLE XPRESS Kylie	CYCLE Pete		CYCLE Pete	CYCLE XPRESS Kylie	CYCLE Pete	
6.15pm	CYCLE John	5.30pm CYCLE Tash	RPM Chrissy	RPM Amanda L			
AQUA AEROBICS							
TIME	MON 19/1	TUE 20/1	WED 21/1	THU 22/1	FRI 23/1	SAT 24/1	SUN 25/1
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 FIT* Nella	AQUA FIT* Tash		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		5.15pm AQUA FIT* Amanda M			
FUNCTIONAL TRAINING ROOM							
TIME	MON 19/1	TUE 20/1	WED 21/1	THU 22/1	FRI 23/1	SAT 24/1	SUN 25/1
6.15am		BE ACTIVE FT* Functional	BE ACTIVE FT* Strength	BE ACTIVE FT* Aerobic	BE ACTIVE FT* Functional	7.30am BE ACTIVE FT* Strength	
8.00am	SENIORS CIRCUIT* Rod		WONDER WOMEN* Sabrina		WONDER WOMEN* Sabrina		
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					
COMMUNITY CLASSES*							
TIME	MON 19/1	TUE 20/1	WED 21/1	THU 22/1	FRI 23/1	SAT 24/1	SUN 25/1
7.30am		Greensborough Mall Walkers* Natalie	Greensborough Mall Walkers* Natalie	Greensborough Mall Walkers* Natalie			



# 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.

### BEGINNERS BOXING (45 mins) (ff)

Learn boxing techniques and terminology in a slower paced, non-intimidating class. Beginners only, great for teens!

### 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)

### 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 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!

### LM SHAPES\* (45 mins) (ff)

Interval style workout inspired by Pilates, Barre and Power yoga. Designed to bring on the burn—fast!

### LM STRENGTH DEVELOPMENT\* (45 mins)

A progressive conditioning class to build muscle, improve technique and grow confidence to train more powerfully

### 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.

## Community 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

### CHAIR YOGA\* (45 mins) (ff)

Move, stretch and restore whilst staying seated. All abilities and ages welcome. Great for rehab and pregnancy too! 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.

### Hatha Yoga (ff)

Yoga for everybody, moving mindfully and deliberately into different poses that challenge strength and flexibility, whilst at the same time focusing on relaxation and mindfulness.

### Yoga Blend (ff)

A combination of hatha yoga and restorative yoga.

### 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

## 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.

## 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.

### ZUMBA GOLD\* (45 mins) (ff)

A lower impact, easy to follow version of Zumba.

### 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.

### SENIORS CYCLE\* (30 mins)

\$5 per session for non-members

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 seated or with a chair for support.

**Level 2**— When participants have “graduated” from level one they are encouraged to attend Strength Development, Wonder Women, Seniors circuit, Cardio Seniors and Strong Seniors classes—these classes will further develop strength and build on the basic movements learnt in Falls Prevention.

### 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