

# GROUP FITNESS CLASSES

## TIMETABLE

Autumn  
2026

		MON	TUE	WED	THUR	FRI
MAIN STUDIO	6:15am					<b>BODYBALANCE</b> Margie
	7:30am		<b>BODYPUMP Express</b> Tara		<b>BODYPUMP Express</b> Tara	
	8:30am	<b>Circuit</b> Lili	<b>Prime Fusion</b> Tara	<b>Hi-Low Aerobics</b> Margie	<b>Functional Strength</b> Tara	<b>LES MILLS PILATES</b> Margie
	4:30pm	<b>BODYBALANCE</b> Margie	<b>LES MILLS PILATES</b> Margie			
	5:30pm	<b>BODYPUMP</b> Karen	<b>BODYSTEP</b> Leanne	<b>Stretch &amp; Core</b> Tara	<b>BODYPUMP</b> Karen	
GYM FLOOR	6:15am	<b>Functional Weight</b> Lili	<b>Aerobic Cardio</b> Tara	<b>Strength Weight</b> Margie	<b>Aerobic Cardio</b> Tara	
	4:00pm	<b>Functional Weight</b> Tara		<b>Cardio Blast</b> Tara (4.30pm)		
W/S	10:30am		<b>Gentle Yoga</b> Belle		<b>Gentle Yoga</b> Belle	
AQUA	7:30am			<b>AQUA Cardio</b> Margie		<b>AQUA Combo</b> Margie
	9:30am	<b>AQUA Deep</b> Margie	<b>AQUA</b> Margie	<b>AQUA Gentle</b> Margie	<b>AQUA Tabata</b> Margie	
	6:45pm	<b>AQUA</b> Karen			<b>AQUA</b> Karen	

\*Class times subject to change.  
Bookings required through the ActiveWorld app.

# GROUP FITNESS CLASSES

## DESCRIPTIONS

**LES MILLS PILATES:** Slow, controlled movements strengthen your core, glutes, back and hips. Clear guidance helps you build good technique and control. Blended with modern breathwork, this class leaves you feeling strong, refreshed and calm.

**LES MILLS BODYBALANCE:** A yoga-based class that blends Tai Chi and Pilates to build strength, flexibility and calm. Focus on breathing while you move and stretch.

**Gentle Yoga:** A flowing, mindful class designed to improve strength, flexibility and balance. Focus on alignment and intentional movement to restore body and mind.

**Prime Fusion:** Designed for over 50s, this class boosts mobility, flexibility, cardio fitness and muscle tone. It's a fun, effective way to stay healthy while enjoying the social side of group exercise.

**Strength:** A full-body resistance training class that builds strength and helps you feel fitter and more confident.

**Aerobic:** A heart-pumping cardio class that helps build stamina and improve overall fitness.

**Functional:** A mix of bodyweight and weighted exercises done solo or in small groups.

Combines strength, cardio and core work for a balanced, effective workout.

### **Gentle Aqua**

A supportive, low-impact session ideal for beginners, those returning from injury, or anyone with mobility needs. Suitable for all levels and abilities.

### **Aqua Deep (Summer Only – Outdoor Pool)**

Train in the deep end using buoyancy belts when needed. A full-body, low-impact workout that builds strength, stamina, and core stability.

**LES MILLS BODYSTEP:** A full-body cardio workout using simple step moves plus burpees, push-ups and light weights. Great for toning legs and burning lots of calories.

**LES MILLS BODYPUMP:** A barbell workout using light to moderate weights and high reps. Strengthen and tone your whole body with motivating music and coaching.

**Circuit:** A full-body session using functional, strength and endurance exercises in a circuit format to boost mobility and overall fitness.

**Aqua:** A water-based workout that's easy on the joints while boosting cardio, strength and flexibility. The water supports, cushions and challenges your whole body.

### **Aqua Tabata**

High-intensity Tabata training in the water! Work hard for 20 seconds, rest for 10, and repeat. A fun way to boost fitness and challenge yourself in a low-impact environment.

### **Aqua Combo**

A varied aquatic workout using a mix of equipment and cardio-based movements. Great for building strength, fitness, and overall conditioning.

### **Aqua Cardio**

A fast-paced, equipment-free class focused on cardiovascular fitness. Enjoy an energising workout that keeps you moving from start to finish.