GROUP FITNESS CLASSES
TIMETABLE

Summer 2026

		MON	TUE	WED	THUR	FRI	SAT
MAIN STUDIO	6:05am					BODY BALANCE Margie	
	7:30am		BODY PUMP Express Tara		BODY PUMP Express Tara		
	8:30am	Circuit Abby	Strength 2 Strength Tara	Hi-Low Aerobics Charne	Strength 2 Strength Tara	LES MILLS PILATES Margie	
	9.15am						BODYSTEP Express Leanne
	10.30am		Stretch & Relaxtion Belle				
	4:30pm	BODY BALANCE Margie	LES MILLS PILATES Abby				
	5:30pm	BODY PUMP Karen	BODY STEP Leanne	Stretch & Core Tara	BODY PUMP Karen		
GYM FLOOR	6.30pm	Yoga Flow Charne					
	6:15am	Functional Weight Abby	Aerobic Cardio Tara	Strength Weight Margie	Aerobic Cardio Abby		
	5.30pm					C-30 Power Nadia	
AQUA	7:30am			AQUA Cardio Charne		AQUA Combo Margie	
	9:30am	Deep AQUA Margie	AQUA Margie	AQUA for All Margie	AQUA Tabata Margie		
	5:30pm	Deep AQUA Charne					
	6:45pm				AQUA Karen		

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

Manning Aquatic Leisure Centre

Manning Aquatic Leisure Centre
51 Manning River Drive, Taree NSW 2430
manningalc.com.au | 02 8344 0906
manningalc@belgravialeisure.com.au

Proudly managed by belgravialeisure

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 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 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.

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.

Yoga Flow: A flowing, mindful class designed to improve strength, flexibility and balance. Focus on alignment and intentional movement to restore body and mind.
Stretch & Relaxation: Unwind and recharge with this gentle class designed to improve flexibility, mobility and overall wellbeing. Enjoy guided stretching, relaxation techniques and mindful movement to help reduce muscle tension, improve posture and leave you feeling refreshed and revitalised. Suitable for all fitness levels.

Circuit: A full-body session using functional, strength and endurance exercises in a circuit format to boost mobility and overall fitness.
Strength 2 Strength: 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.

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.

Manning Aquatic Leisure Centre
51 Manning River Drive, Taree NSW 2430
manningalc.com.au | 02 8344 0906
manningalc@belgravialeisure.com.au