

GROUP FITNESS TIMETABLE



EFFECTIVE FROM MONDAY 31 MAY 2021

Classes and instructors are subject to change at short notice. Class passes are required to attend all group fitness classes which are available from customer service. 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

TIMETABLE

SOMERVILLE RECREATION CENTRE

REFORMER PILATES

	MON	TUES	WED	THURS	FRI	SAT	SUN
9:20AM	REFORMER PILATES						
10:30AM			REFORMER PILATES				
5:40PM	REFORMER PILATES	REFORMER PILATES		REFORMER PILATES			

GROUP FITNESS

	MON	TUES	WED	THURS	FRI	SAT	SUN
9:10AM	BODY STEP	SOYF	BODY PUMP	SOYF	ZUMBA		
10:00AM	BODY BALANCE						
10:20AM		PRIME MOVERS	ZUMBA	PRIME MOVERS	BODY PUMP		
11:00AM	CHI BALL						
11:30AM					BODY BALANCE		
5:00PM	ZUMBA	TAI CHI	ZUMBA	BODY STEP			
6:15PM	SPIN			SPIN			



TIMETABLE

PELICAN PARK RECREATION CENTRE

MAIN STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:15AM	YOGA STRONG	POWER BAR	RPM	CARDIO BLAST			
9:30AM	HIIT BOXING	RPM	BURN IT	BODY PUMP	BODY PUMP	BODY PUMP	
10:30AM	PILATES	BODY PUMP	PILATES	YOGA	BARRE TONE		BODY BALANCE
11:30AM		BODY BALANCE			MOMENTUM		
5:15PM		ZUMBA					
5:30PM	RPM						
6:00PM			BODY PUMP	YOGA STRONG			
6:15PM	BODY PUMP	HIIT BOXING					

AQUA AEROBICS

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:15AM	AQUA	AQUA	AQUA	AQUA	AQUA		
9:15AM	AQUA	AQUA DEEP	AQUA	AQUA DEEP	AQUA		AQUA
10:00AM							
6:15PM		AQUA DEEP	AQUA		AQUA DEEP		

CIVIC RESERVE RECREATION CENTRE

GROUP FITNESS

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM	ZUMBA GOLD QIGONG	PRIME BAR	ZUMBA GOLD	PRIME CIRCUIT	PRIME FUSION		
9:20AM		YOGA	TAI CHI	PRIME BAR	PILATES	PILATES (9.30AM)	
10:30AM	BODY BALANCE			BODY BALANCE			
6:30PM		PILATES		PILATES			

CLASS DESCRIPTIONS

● RPM

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories in a session. Your instructor takes you on a journey of hill climbs, sprints and flat riding. Spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your performance and boost your cardio fitness.

● Barre Tone

This class will tone and sculpt your entire body with challenging ballet-inspired workouts. You'll strengthen your arms, abs and legs in addition to building long, lean muscles and increasing endurance. Barre Tone will give you a total-body barre workout and restore your tired muscles with a soothing stretch session.

● Pilates

PILATES will challenge your strength, flexibility and coordination with traditional and modern PILATES. Performed on the floor you'll feel strong, streamlined and invigorated after this thorough workout. Pilates has the power to transform your physical, emotional and spiritual state.

● Tai Chi

TAI CHI is a Chinese martial art that is primarily practised for its health benefits, promoting the integration of the mind and body. It helps lower stress and anxiety levels and increases energy. A series of slow, controlled movements and postures help build muscle strength, coordination, balance and flexibility.

● Body Pump

BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit, fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven techniques. Pumping out encouragement, motivation and great music whilst burning up to 540 calories.

● Yoga Strong

This class is like yoga you've never see before. You will turn up the heat with exercises to build lean muscle, stability and strength in your body. You'll light up every muscle with four targeted sections focusing on your arms, legs, booty and core. Your strongest body starts here.

● Body Balance

Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises while you strengthen your entire body.

● Zumba & Zumba Gold

ZUMBA is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms and resistance training. Zumba involves dance and aerobic movements performed to energetic and motivating music. Zumba Gold is a modified program suited to older adults looking for a lower intensity class.

● Power Bar

A circuit based class that have stations of various exercises to improve strength and build lean muscle. This workout uses weights or body weight exercises and is perfect for all ages and fitness levels.

● Prime Circuit

Circuit class with a difference. The class includes strength, balance, core work and an element of Tai Chi & Chi Ball. Exercise at a level that suits you. Perfect for ages 50+.

● Prime Movers

This low impact class is designed to increase cardiovascular fitness, balance and coordination. Perfect for ages 50+.

● Body Step

BODYSTEP™ uses basic stepping, just like walking up and down stairs – a full-body cardio workout to really tone your butt and thighs. You can burn up to 620 calories and you'll leave buzzing with satisfaction.

● Spin

Spin is an indoor cycling class that has great fat burning effects. It will improve your cardio fitness and endurance while you spin to great music! Helping push you through any of your barriers and achieve the fitness results you want.

● Yoga

A flowing and meditative class, YOGA is for healing and restoring balance within the mind, body and spirit. Poses are structured around alignment principles to ensure safe and optimal expression in each post. You will work on improving your muscle tone, strength, stamina and overall flexibility.

● HIIT Boxing

HIIT Boxing is a high-intensity interval boxing class to help increase your fitness levels through short intense bursts of activities and routines. This class will boost your metabolism, improve your cardiovascular fitness and have you burning fat long after you've left. This class is designed for all levels of fitness & boxing abilities.

● Reformer Pilates

Resistance-based pilates that is performed on a Reformer Pilates bed, using your body weight and set a level of resistance of the bed springs to build strength and activate your muscles. All parts of the reformer equipment and class can be adjusted for different levels of fitness and skill.

● Prime Fusion

PRIME FUSION is a class for over 50's providing you with an effective and enjoyable workout. The class will assist you with mobility, flexibility, cardiovascular endurance and assist in improving muscle tone. The perfect addition to a healthy lifestyle all while enjoying the social aspects of group exercise.

● Stay On Your Feet

Ideal for older adults with current health problems under control. Designed to increase cardiovascular fitness, strength, flexibility and balance. There are 3 class varieties; entry (for new participants), chair-based and maintenance (for regulars).

● Burn It

An energetic & upbeat class that is sure to get your body moving & your blood flowing. It is a great workout for all difference levels of fitness. This class combines cardiovascular training & toning exercises, for a superior total body workout.

● Chi Ball

A class that focusses on a balanced mind and body, incorporating a variety of disciplines while using an air-filled exercise ball to improve your posture, strength and flexibility.

● Aqua

In an AQUA AEROBICS class, the water provides a great cardio workout with cushioning, resistance and support. Joints are safely supported with each exercise that works the whole body. Improving your cardio, strength, endurance, posture and flexibility all at the same time.

● Aqua Deep

AQUA DEEP classes use flotation weight belts for conditioning and toning exercises to help focus on core strength. With a variety of intensity options, these classes are perfect for a range of ages and fitness levels. From the first-time aqua members to experienced participants.

● Prime Bar

A barbell, weight resistance class that will tone and build up strength as well as bone density. Perfect for ages 50+.

● Qigong

Qigong (pr. Chi Kung) is a powerful system of healing & energy, an integration of physical postures, breathing techniques & focus. The slow, gentle movements can easily be adapted, for people all of all abilities and ages.

● Cardio Blast

An innovative class that will burn calories. Using a combination of various training methods including step and circuit training. This is a high intensity class that will give you a great cardiovascular workout.

● Momentum

This low impact class is designed to increase cardiovascular fitness, strength, balance and coordination. Perfect for ages 50+ and all levels of fitness.

● Low Intensity

● Medium Intensity

● High Intensity