



# ***GROUP FITNESS TIMETABLE***

**SPRING/SUMMER 2025**

Effective from Monday 8 September 2025

Classes and instructors are subject to change.  
Always check Active World app for most up to date class schedule.

**SOMERVILLE**  
RECREATION CENTRE

  
**MORNINGTON  
PENINSULA**  
Shire

## GROUP FITNESS

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM		HIIT Strength		Mat Pilates	Core & More		
9:00AM					Zumba		
9:15AM	Burn It Pilates	Core & More	Body Pump	HIIT Strength			
10:15AM	Momentum	Prime Movers Yoga (Chair)	Zumba Tai Chi	Momentum	Body Pump Yogalates		
11:15AM	Yoga	Agestrong Entry	Prime Bar Momentum	Agestrong Entry	Prime Movers		
12:15PM				Prime Movers			
5:00PM	Zumba		Zumba				
5:30PM		Body Balance					
6:00PM	Core & More		Core & More				

■ All Access Class

■ Classes held in our Community Room

■ Class held in Stadium

## REFORMER PILATES

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM						Reformer Intermediate	
9:15AM	Reformer Pilates	Reformer Pilates	Reformer Beginner	Reformer Pilates	Reformer Pilates		
10:15AM	Reformer Beginner						
4:30PM		Reformer Pilates					
5:30PM	Reformer Pilates	Reformer Beginner		Reformer Pilates			



**DOWNLOAD THE  
ACTIVE WORLD APP  
TO BOOK YOUR  
GROUP FITNESS  
CLASSES**