



GROUP FITNESS SUMMER TIMETABLE

SUMMER/AUTUMN 2025

Effective from Monday 3 February 2025

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

CIVIC RESERVE
RECREATION CENTRE


**MORNINGTON
PENINSULA**
Shire

GROUP FITNESS STUDIO

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM	Zumba	Cardio Strength	Zumba	Circuit	Momentum	Les Mills Shapes	
9:00AM						Zumba	
9:20AM	Core & More	Prime Bar	Core & More	Prime Bar	Les Mills Pilates		
10:00AM						Yoga (Vinyasa)	
10:30AM		Stretch & Strength	Tai Chi	Body Balance	Body Balance		
11:30AM			Qi Gong				
12:00PM					Yoga (Chair)		
1:00PM		Agestrong Entry		Agestrong Entry			
2:00PM		Agestrong Maintenance		Agestrong Maintenance			
2:30PM			Zumba Gold				
4:00PM	Strong Nation			Zumba			
5:30PM	Pilates	Body Balance	Burn It	Les Mills Shapes			

All Access Classes

CONNECT30 - GYM FLOOR

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM						CONNECT30 Resistance	
12:00PM	CONNECT30 Functional	CONNECT30 Aerobic	CONNECT30 Resistance	CONNECT30 Aerobic	CONNECT30 Functional		
5:30PM	CONNECT30 Boxing		CONNECT30 Boxing				
6:00PM	CONNECT30 Functional	CONNECT30 Aerobic	CONNECT30 Resistance	CONNECT30 Aerobic	CONNECT30 Functional		
7:00PM	CONNECT30 Functional	CONNECT30 Aerobic	CONNECT30 Resistance	CONNECT30 Aerobic	CONNECT30 Functional		



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