

CLASS DESCRIPTIONS

CLASS	DURATION	FOCUS	INTENSITY	DESCRIPTION
AQUAROBICS	60 minutes	Cardio & Resistance	Low	A high energy, low impact aquatics class that blends upbeat music, water resistance, and aqua weights to tone and strengthen your whole body.
BODYBALANCE®	45 minutes	Mind & Body	Low	A yoga-based class that improves flexibility and core strength while helping focus and reducing stress.
BODYCOMBAT®	30 minutes	Cardio & Resistance	Moderate to High	A high-energy martial arts inspired workout which works out the whole body and leaves you feeling empowered.
BODYPUMP®	45-60 minutes	Strength & Sculpting	Moderate to High	A barbell workout for anyone looking to get lean, toned and fit – fast.
BOXING	45 minutes	Cardio & Resistance	Moderate to High	A high energy fitness class which will improve you technique, stamina, cardio, and strength.
COLAB	45 minutes	Cardio & Resistance	High	Run. Lift. Sweat. Compete. Train like an athlete, move like a team. HYROX inspired workout combines running with functional strength for an epic workout.
CORPORATE FITNESS	60-90 minutes	Strength & Conditioning	Moderate	Custom classes designed for our corporate partners – General admittance not available.
HIIT CARDIO	30 minutes	Cardio & Resistance	High	Alternate between high intensity movements and short periods of lower intensity exercise, using just your own body weight to boost your cardio fitness.
HIIT POWER	45-55 minutes	Cardio & Resistance	High	Alternate between high intensity movements and short periods of lower intensity exercise, using your own body weight and additional weights to rapidly increase performance and cardio fitness.
LES MILLS PILATES	45 minutes	Strength & Sculpting	Low to Moderate	Traditional Pilates meets the Les Mills experience. with slow, simple movements to tone your abs, glutes, back, and hips, set to the newest tracks!
PILATES	45 minutes	Strength & Sculpting	Low to Moderate	Pilates places an emphasis on alignment, breathing, developing a strong core and improving coordination and balance.
SALT	60 minutes	Strength & Conditioning	Low	Senior Adults Living Triumphant – The free wellness program for all residents over 50.
SHAPES™	45 minutes	Strength & Sculpting	Moderate	A fusion of pilates, barre and power yoga which builds strength, improves posture and sculpts core muscles.
STRENGTH	45 minutes	Strength & Conditioning	Moderate	This full-body workout targets all major muscle groups with controlled effective movements to help you tone, sculpt and feel stronger every session.
SPIN	30 minutes	Indoor Cycling	High	Freestyle Cycling HIIT workout which simulates riding across different terrains.
SUPERSETS+	60 minutes	Strength & Conditioning	Moderate to High	Strength based training with a core workout at the end for a balanced and effective full-body workout.
YOGA	60 minutes	Mind & Body	Low	A widely practiced activity which cultivates general health and wellbeing, while also improving flexibility, mobility and coordination.

GROUP FITNESS TIMETABLE

v1.5.1 STRAYA EDITION

AQUAROBICS SOUTH HEDLAND

A high energy, low impact aquatics class that blends upbeat music, water resistance and aqua weights for a whole body workout!

Saturdays at South Hedland Aquatic Centre!

**LES MILLS
GRATWICK GYM**
Access 1000+ workouts from the world's best trainers anytime, any day with Les Mills on Demand at Gratwick Gym



GROUP FITNESS SCHEDULE

WANANGKURA STADIUM 24-7



South Hedland
Aquatic Centre

DAY/TIME	MON, 26 JAN	TUES, 27 JAN	WED, 28 JAN	THURS, 29 JAN	FRI, 30 JAN	SAT, 31 JAN	SUN, 1 FEB
6:00am							
7:00am							
8:30am						s AQUAROBICS	
8:30am						LesMILLS BODYPUMP	
9:00am		COLAB	LesMILLS Shapes	HIITCARDIO	STRENGTH / SPIN		
9:30am							
10:00am							YOGA
10:30am							
11:00am							
12:00pm							
4:30pm		HIITCARDIO	BOXING	COLAB	HIITPOWER		
5:15pm							
5:30pm			LesMILLS BODYPUMP				
6:00pm							
6:30pm							
7:00pm							

CRÈCHE HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Session 1	-	8:45-10:15am	8:45-10:15am	8:45-10:15am	8:45-10:15am	8:15-9:45am	8:15-9:45am
Session 2	-	10:15-11:45am	10:15-11:45am	10:15-11:45am	10:15-11:45am	9:45-11:15am	9:45-11:15am
Session 3	-	4:15-5:45pm	4:15-5:45pm	4:15-5:45pm	4:15-5:45pm	-	-

All classes are at Wanangkura Stadium unless otherwise specified – For class updates, subscribe to text notifications at fitns.me/text