

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.
BODYSTEP®	45 minutes	Cardio & Resistance	Moderate	A high-energy fitness program that uses a height-adjustable step for a full-body workout.
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	30-45 minutes	Cardio & Resistance	High	A high-energy workout combining short bursts of intense exercise with brief recovery periods. Expect a mix of cardio, power, and functional movements designed to challenge all fitness levels.
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.
ROLL RESTORE	45 minutes	Mind & Body	Low	A Gentle recovery class which combines foam rolling and guided stretching to release muscle tension, improve flexibility and enhance mobility.
SALT	60 minutes	Strength & Conditioning	Low	Senior Adults Living Triumphantly – 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

Easter Edition

06/04-19/04

REMINDER CLASS BOOKINGS

If you change your mind or can't make it to class for any reason, please make sure you cancel your booking online so your fellow members get a chance to book in

AQUAROBICS LIMITED CAPACITY

It's one of our most popular classes, so make sure you book in online to secure your spot!



GROUP FITNESS SCHEDULE

WANANGKURA STADIUM 24-7 **WEEK1**

M Colin Matheson Pavilion

S South Hedland Aquatic Centre

DAY/TIME	MONDAY, 06/04	TUESDAY, 07/04	WEDNESDAY, 08/04	THURSDAY, 09/04	FRIDAY, 10/04	SATURDAY, 11/04	SUNDAY, 12/04
6:00am				M YOGA			
8:30am						S AQUAROBICS	
8:30am						LES MILLS BODYSTEP	
9:00am		LES MILLS BODYBALANCE	STRENGTH / SPIN	HIIT	LES MILLS Shapes		
10:00am						PILATES	YOGA
10:15am							
10:30am							
11:00am							
12:00pm							
1:00pm							
4:30pm		STRENGTH / SPIN	COLAB	LES MILLS BODYCOMBAT	SPIN		
5:00pm				S AQUAROBICS			
5:30pm		PILATES		LES MILLS Shapes			
6:00pm							
6:30pm							
7:00pm							

CRÈCHE	MONDAY, 06/04	TUESDAY, 07/04	WEDNESDAY, 08/04	THURSDAY, 09/04	FRIDAY, 10/04	SATURDAY, 11/04	SUNDAY, 12/04
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

GROUP FITNESS SCHEDULE

WANANGKURA STADIUM 24-7 **WEEK2**

M Colin Matheson Pavilion

S South Hedland Aquatic Centre

DAY/TIME	MONDAY, 13/04	TUESDAY, 14/04	WEDNESDAY, 15/04	THURSDAY, 16/04	FRIDAY, 17/04	SATURDAY, 18/04	SUNDAY, 19/04
6:00am	M YOGA			M YOGA			
8:30am	S AQUAROBICS					S AQUAROBICS	SPIN
8:30am							
9:00am	COLAB	LES MILLS BODYBALANCE	STRENGTH / SPIN	HIIT	LES MILLS Shapes		
10:00am						PILATES	YOGA
10:15am							
10:30am							
11:00am							
12:00pm							
1:00pm							
4:30pm	STRENGTH / SPIN	LES MILLS BODYCOMBAT	HIIT	LES MILLS BODYSTEP	COLAB		
5:00pm				S AQUAROBICS			
5:30pm		PILATES					
6:00pm	LES MILLS Shapes						
6:30pm							
7:00pm							

CRÈCHE	MONDAY, 13/04	TUESDAY, 14/04	WEDNESDAY, 15/04	THURSDAY, 16/04	FRIDAY, 17/04	SATURDAY, 18/04	SUNDAY, 19/04
Session 1	8:45-10:15am	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	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	4:15-5:45pm	-	-

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