

# 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.
SALT	60 minutes	Strength & Conditioning	Low	Senior Adults Living Triumphantly – The free wellness program for all residents over 50.
SCULPT	45 minutes	Strength & Sculpting	Moderate to High	A full-body strength and toning class designed to build lean muscle and improve definition. Using a mix of bodyweight exercises, dumbbells, and functional movements, Sculpt targets all major muscle groups with controlled, high-rep training. Expect a steady burn, core focus, and challenging workout for all.
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.
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

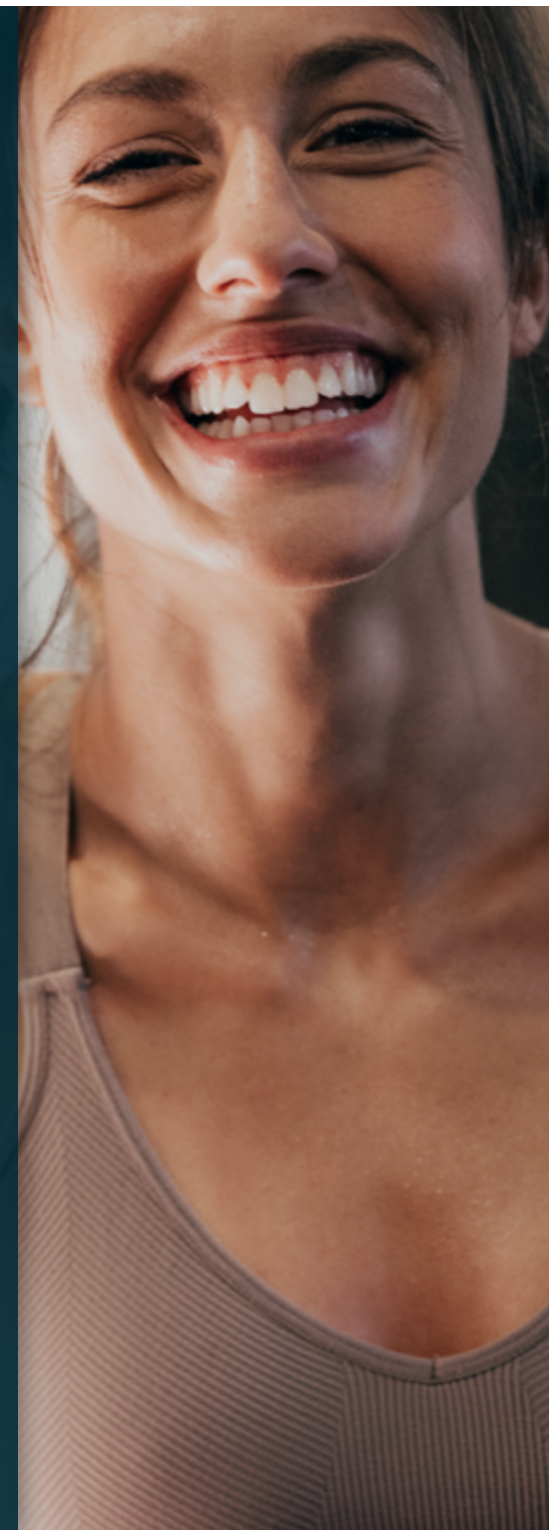
v1.5.5 April-June

### AQUAROBICS LIMITED CAPACITY

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

### 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*



# GROUP FITNESS SCHEDULE

WANANGKURA STADIUM 24-7

**Z** 30 Minute Express Class

**R** Reserved Session

**M** Colin Matheson Pavilion

**S** South Hedland Aquatic Centre

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	<b>M</b> <b>YOGA</b>			<b>M</b> <b>YOGA</b>			
6:00am							
8:30am						<b>COLAB</b>	<b>Z</b> <b>SPIN</b>
8:30am	<b>S</b> <b>AQUAROBICS</b>					<b>S</b> <b>AQUAROBICS</b>	
9:00am	<b>HIIT</b>	<b>LES MILLS BODYBALANCE</b>	<b>STRENGTH</b>	<b>HIIT</b>	<b>LES MILLS Shapes</b>		
10:00am							<b>YOGA</b>
10:15am	<b>R</b> <b>SALT</b>	<b>R</b> <b>CORPORATE fitness 60</b>			<b>R</b> <b>SALT</b>		
10:30am							
11:00am							
12:00pm							
4:30pm	<b>STRENGTH + SPIN</b>	<b>Z</b> <b>HIIT</b>	<b>LES MILLS BODYCOMBAT</b>	<b>COLAB</b>	<b>SPIN</b>		
5:00pm				<b>S</b> <b>AQUAROBICS</b>			
5:15pm				<b>LES MILLS Shapes</b>	<b>STRENGTH</b>		
5:30pm			<b>LES MILLS BODYPUMP</b>				
6:00pm							
6:30pm							

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	8:45-10:15am	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	-	-

All classes are at Wanangkura Stadium unless otherwise specified – For class updates, subscribe to text notifications at [fitns.me/text](https://fitns.me/text)