

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®	30 minutes	Cardio & Resistance	Moderate	A high-energy fitness program that uses a height-adjustable step for a full-body workout.
BOXING	45-60 minutes	Cardio & Resistance	Moderate to High	A high energy fitness class which along with proper technique training will improve you agility, stamina, cardio, core and full body strength.
CIRCUIT	45 minutes	Cardio & Resistance	Moderate to High	Circuit style training with a focus on total body strength. Each exercise will vary in duration, with rest intervals dependent on the intensity and duration of the previous exercise.
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 Triumphantlly – 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.
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

School's Out Edition

06/07-19/07

BODYSTEP RETURNING CLASS

Get lost in the rhythm for a full body cardio workout that will get your heart racing and tone all major muscle groups

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

M Colin Matheson Pavilion

S South Hedland Aquatic Centre

DAY/TIME	MON, 6 JULY	TUES, 7 JULY	WED, 8 JULY	THURS, 9 JULY	FRI, 10 JULY	SAT, 11 JULY	SUN, 12 JULY
6:00am				M YOGA			
6:00am							
8:30am						LES MILLS BODYPUMP	
8:30am	S AQUAROBICS					S AQUAROBICS	
9:00am	HIIT	LES MILLS BODYBALANCE	LES MILLS BODYSTEP	STRENGTH + SPIN	LES MILLS Shapes		
10:00am							YOGA
10:15am							
10:30am							
11:00am							
12:00pm							
4:30pm	STRENGTH + SPIN	LES MILLS BODYSTEP	BOXING	SPIN	SCULPT		
5:00pm				S AQUAROBICS			
5:15pm							
5:30pm			LES MILLS BODYPUMP				
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 – See website for updates

GROUP FITNESS SCHEDULE

WANANGKURA STADIUM 24-7



Colin Matheson Pavilion



South Hedland Aquatic Centre

DAY/TIME	MON, 13 JULY	TUES, 14 JULY	WED, 15 JULY	THURS, 16 JULY	FRI, 17 JULY	SAT, 18 JULY	SUN, 19 JULY
6:00am	M YOGA			M YOGA			
6:00am							
8:30am						LES MILLS BODY PUMP	
8:30am	S AQUAROBICS					S AQUAROBICS	
9:00am	LES MILLS BODYSTEP	LES MILLS BODYBALANCE	STRENGTH + SPIN	CIRCUIT	LES MILLS Shapes		
10:00am							YOGA
10:15am							
10:30am							
11:00am							
12:00pm							
4:30pm	LES MILLS Shapes	SPIN	BOXING	STRENGTH	LES MILLS BODYSTEP		
5:00pm				S AQUAROBICS			
5:15pm							
5:30pm			LES MILLS BODY PUMP				
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 – See website for updates