

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®	45-55 minutes	Strength & Sculpting	Moderate to High	A barbell workout for anyone looking to get lean, toned and fit – fast.
BODYPUMP® HEAVY	45 minutes	Strength & Sculpting	Moderate to High	Tempo-based strength class that pairs heavier weights with slower, controlled movements and longer recovery times.
BODYSTEP®	30 minutes	Cardio & Resistance	Moderate	A high-energy fitness program that uses a height-adjustable step for a full-body workout.
BOXING	45 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	Each exercise will vary in duration, with rest intervals dependent on the intensity and duration of the previous exercise.
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.
LES MILLS RPM	30-45 minutes	Indoor Cycling	Moderate to High	Set to energizing music, you'll tackle flats, hill climbs, and intense sprints.
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 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	30-45 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

v1.5.7 July-September

SHAPES NEW LOCATION

The same class you love, but now also available at Cemetery Beach Park!

Wednesdays at 8:25am

BODYPUMP HEAVY NEW CLASS

Tempo-based strength class that pairs heavier weights with slower, controlled movements and longer recovery times.

Wednesdays at 8:55am



GROUP FITNESS SCHEDULE

All classes are at WANANGKURA STADIUM unless otherwise specified



30 Minute
Express Class



Colin Matheson
Pavilion



Cemetery
Beach Park



South Hedland
Aquatic Centre

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	YOGA			YOGA			
6:25am							
8:25am						LES MILLS BODYPUMP	LES MILLS RPM
8:25am	AQUAROBICS					AQUAROBICS	
8:55am	LES MILLS BODYSTEP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP HEAVY	CIRCUIT	LES MILLS Shapes		
9:45am							YOGA
10:15am	SALT	CORPORATE fitness 60			SALT		
11:00am							
3:00pm							
4:25pm	STRENGTH + SPIN		BOXING		STRENGTH		
4:40pm		LES MILLS RPM		LES MILLS BODYSTEP			
5:00pm				AQUAROBICS			
5:25pm		LES MILLS Shapes	LES MILLS BODYPUMP	SCULPT			
5:55pm							
6:25pm							

CRÈCHE HRS.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Session 1	8:45-9:45am	8:45-9:45am	8:45-9:45am	8:45-9:45am	8:45-9:45am	8:15-9:15am	8:15-9:15am
Session 2	9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am	9:15-10:15am	9:15-10:15am
Session 3	10:45-11:45am	10:45-11:45am	10:45-11:45am	10:45-11:45am	10:45-11:45am	10:15-11:15am	10:15-11:15am
Session 4	3:15-4:15pm	3:15-4:15pm	3:15-4:15pm	3:15-4:15pm	3:15-4:15pm	-	-
Session 5	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	-	-
Session 6	5:15-6:15pm	5:15-6:15pm	5:15-6:15pm	5:15-6:15pm	5:15-6:15pm	-	-