

GROUP FITNESS TIMETABLE 2024



| | | MON | TUES | WED | THURS |
|-----------------------|---------|------------------|-------------------|---------------|------------------|
| GROUP FITNESS CLASSES | 9:45am | | | Mum's & Bub's | |
| | 10.45am | | | Matt Pilates | |
| | 7.00pm | Zumba (45min) | #Dance (45min) | | Zumba (45min) |

Body

Zumba

Exotic rhythms set to high energy Latin and international beats. It's a combination of fitness and dance moves to swinging Latin music.

#Dance

#Dance is a 45 minute dance fitness class. It features great music from all kinds of genres; a wide variety of dance styles and choreography that will suit all abilities from beginners to those with more dance experience.

#Dance focuses on fun and having a good time whilst keeping you healthy and active. A workout that is accessible across all ages, as well as all fitness abilities, from absolute beginners, through to experienced dance-fitness athletes.

Mum's & Bubs

Return safely to exercise with your bub and meet other mums whilst having a great workout. In a supported and welcoming environment, improve cardio fitness, work on tone and strength, and build up core strength.

Matt Pilates

Mat Pilates is done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resisted movement to build core strength. These exercises help strengthen the body's core by developing pelvic and scapula stability, and abdominal control, using focused breathing patterns. Please BYO Mat

| GROUP FITNESS CLASSES PRICING | 1x VISIT PASS | 10x VISIT PASSES |
|-------------------------------|---------------|------------------|
| Adult | \$15.00 | \$135.00 |
| Concession | \$12.00 | \$108.00 |
| Seniors | \$7.20 | \$64.90 |

