

GROUP FITNESS CLASS DESCRIPTIONS

Aqua	Gentle, low-impact exercise in the water for all ages and abilities, and those rehabilitating from injuries. Low to moderate intensity	45 mins
Functional 30	Functional 30 is an intense training class incorporating a wide range of equipment such as battle ropes, plyometric boxes and wall balls. Medium to high intensity	30 mins
Les Mills Body Balance	Ideal for anyone and everyone a yoga-based class that will improve your mind, your body and your life. You'll strengthen your entire body and leave the class feeling calm, centred and happy. Low to medium intensity	45 mins
Les Mills Body Pump	Using light to moderate weights with lots of repetition, it gives you a total body workout, burning up to 540 calories. You'll leave the class feeling challenged and motivated, ready to come back for more. Low to medium intensity	45 mins
Les Mills Body Combat	Step into a BODYCOMBAT® workout and you'll punch and kick your way to fitness, burning up to 570 calories. Release stress and feel like a champ. Medium to high intensity	45 mins
Les Mills Body Attack	A high-energy fitness class that combines cardio, strength, and agility exercises in a dynamic and music-driven workout. The class caters for total beginners to total addicts. Medium to high intensity	45 mins
Pilates	A mind and body series of exercises performed in a slow and controlled manner. Improve posture, restore balance, align the body, and relieve muscular tension for all. Low to medium intensity	45 mins
Young at Heart	A low impact exercise for all ages and abilities. A workout designed to work the entire body, focused on strengthening muscles and bones. Low to moderate intensity	45 mins
Yoga	YOGA is a combination of stretches and poses to develop flexibility, range of movement whilst focusing on mind and body. Low to moderate intensity	45 mins
Boxfit	A stimulating and effective class that burns fat and increases your fitness. Boxfit is a full body workout that will keep you moving and relieve stress. Medium to high intensity	45 mins
Zumba	A mix of low and high intensity, interval-style moves that come together for a dance fitness party. In one Zumba class, you can burn up to 600 calories, depending on the intensity. Moderate intensity	45 mins
Zumba Gold	Zumba Gold is a modified group fitness class based on Zumba, designed for older adults or beginners, incorporating dance and aerobic movements at a lower intensity. Low intensity	45 mins

Angelo
Anestis
Aquatic
Centre



Group Fitness Timetable

1 July - 30 September 2024



HEALTH AND FITNESS CENTRE OPENING HOURS

Monday to Friday: 5:30am - 9:00pm
Saturday & Sunday: 6:00am - 8:00pm

98C Preddys Road, Bexley North, Tel. (02) 9150 5288

www.bexleypools.com.au

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am	6:15am – 6:45am Functional 30 Group Fitness Room Kosta	6:15am – 7:00am Body Pump Group Fitness Room Sandra	6:15am – 6:45am Functional 30 Group Fitness Room Andrea	6:15am – 7:00am Box Fit Group Fitness Room Kat	6:15am – 7:00am Body Pump Group Fitness Room Jenny	6:15am – 6:45am Functional 30 Group Fitness Room Kat
7:00am						7:00am – 7:45am Body Pump Group Fitness Room Jenny
7:30am 8:00am	7:30am – 8:15am Aqua Aerobics Pool Fabiana	7:30am – 8:15am Aqua Aerobics Pool Sandra	7:30am – 8:15am Aqua Aerobics Pool Pierina	7:30am – 8:15am Aqua Aerobics Pool Fabiana	7:30am – 8:15am Aqua Aerobics Pool Pierina	8:00am – 8:45am Yoga Group Fitness room Don
8:30am	8:30am – 9:15am Young at Heart Group Fitness Room Kosta		8:30am – 9:15am Young at Heart Group Fitness Room Andrea		8:30am – 9:15am Young at Heart Group Fitness Room Kosta	
9:30am	9:30am – 10:15am Zumba Group Fitness Room Pierina	9:30am – 10:15am Yoga Group Fitness Room Trish	9:30am – 10:15am Body Pump Group Fitness Room Alex	9:30am – 10:15am Pilates Group Fitness Room Vicky	9:30am – 10:15am Zumba Group Fitness Room Fabiana	
10:30am	10:30am – 11:15am Pilates Group Fitness Room Vicky	10:30am – 11:15am Zumba Gold Group Fitness Room Zena				
5:30pm	5:30pm – 6:15pm Body Pump Group Fitness Room Jenny	5:30pm – 6:00pm Functional 30 Group Fitness Room Kosta	5:30pm – 6:15pm Box Fit Group Fitness Room Manuel	5:30pm – 6:15pm Body Pump Group Fitness Room Shirley	5:30pm – 6:15pm Body Balance Group Fitness Room Melissa	
6:30pm	6:30pm – 7:15pm Body Combat Group Fitness Room Rasha	6:30pm – 7:15pm Body Attack Group Fitness Room Vicky	6:30pm – 7:15pm Body Pump Group Fitness Room Jenny	6:30pm – 7:15pm Body Combat Group Fitness Room Jonathan	6:30pm – 7:15pm Yoga Group Fitness Room Don	
7:30pm	7:30pm – 8:15pm Body Balance Group Fitness Room Rasha	7:30pm – 8:15pm Pilates Group Fitness Room Vicky	7:30pm – 8:15pm Yoga Group Fitness Room Vicky	7:30pm – 8:15pm Zumba Group Fitness room Fabiana		

Due to instructor availability classes are subject to change without notice


 UP TO **3** MINUTES AFTER CLASS STARTS = **LAST CHANCE TO GET A TICKET**


 UP TO **5** MINUTES AFTER CLASS STARTS = **LAST CHANCE TO GET IN**

ENTRY 5 MINUTES AFTER THE CLASS STARTS IS NOT PERMITTED