

Monday		Tuesday	Wednesday		Thursday	Friday	Saturday
						6:05am Total Tone 45 mins Leslee	
		8:00 am Gentle Aqua 45 mins Leslee				8:00 am Gentle Aqua 45 mins Deb/Bec	8:10 am Pilates 45 mins Indi
	9:00 am Senior Strength 45 mins Indi	9:00 am Aquafit 45 mins Leslee	9:00 am Aqua Deep 45 mins Leslee	9:00 am Senior Strength 45 mins Rylan		9:00 am Aquafit 45 mins Deb/Bec	9:15am Aqua Bootcamp 45 mins Leslee
	10:00 am Senior Strength & Balance 45 mins Rylan				10:00 am Senior Strength & Balance 45 mins Rylan		
		5:00 pm Strength 45 mins Indi			5:00 pm Strength 45 mins Indi		
5:30 pm Aqua Deep 45 mins Deb/Lisa							
		6:00pm Hot Mat 45 mins Leslee	6:00pm Aquafit 45 mins Leslee/Lisa				

CLASS DESCRIPTIONS

Aquafit

Aquafit is a water-based cardiovascular conditioning class that will work your whole body using the resistance of the water & equipment such as dumbbells, noodles, kickboards etc. This class is a low-impact class and is suitable for all abilities.

Aqua Deep

Aqua Deep is a water-based class that will work your whole body using the resistance of the water & equipment such as dumbbells, noodles, kickboards etc. This class utilizes a combination of shallow and **deep water** activities. This class is a low-impact class and is suitable for all abilities.

Aqua Bootcamp

This class is a high-intensity water-based class that focuses on strength, power and stamina in the water. This is a low-impact class and is suitable for all abilities.

Gentle Aqua

Gentle Aqua is a shallow water-based class. It is low-intensity and focuses on increasing strength, balance and mobility. This class is well-suited to seniors or individuals recovering from injury.

Senior Strength

Seniors Strength is a land-based class suited to active and mobile older adults, who are wanting a low-impact option that improves whole-body strength, balance and mobility.

Senior Strength & Balance

Strength & Balance is a whole body resistance class that's beginner friendly and suited to those who are less mobile. This class is also suitable for those restricted by injury, orthopedic and/or chronic conditions. This class also acts as a progression for participants of the Break My Fall program.

Strength

Strength is a well-rounded full body workout that utilizes compound exercises paired with some accessory exercises to get you feeling and looking stronger. Suitable for beginner or intermediate participants.

Pilates

Strengthen the body and mind with our Pilates classes. This class involves body-weight exercises on the mat that aim to improve strength, balance, posture and flexibility. This is a great low-impact class to work the whole body, especially the core muscles. Suitable and adaptable for all abilities.

Hot Mat

Hot Mat is a mat-based class designed to build strength, improve mobility, and boost body awareness. Set in a comfortably heated 28-30°C room, it's the perfect way to get a sweat on, reduce your risk of injury, and escape the chill while moving your body with purpose. Suitable and adaptable for all abilities.

Total Tone

Build strength, stability and mobility in this low-impact, full-body class. Total Tone focuses on strengthening the core muscles that support posture and everyday movement, including the abs, glutes, pelvic floor and lower back. Exercises are performed using a mix of standing, wall, chair and light floor work, making the class accessible and comfortable for a wide range of abilities. The session finishes with dedicated stretching to improve flexibility and range of motion.

Effective from Tuesday 7th April 2026

Please Note: This timetable is subject to change on short notice. Classes have participant capacities - book in ahead on the Activeworld app or arrive ahead of time to avoid disappointment

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