

## GROUP FITNESS CLASS DESCRIPTIONS

Aqua	Gentle, low-impact exercise in the water for all ages and abilities, and those rehabilitating from injuries. <b>Low to moderate intensity</b>	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. <b>Medium to high intensity</b>	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. <b>Low to medium intensity</b>	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. <b>Low to medium intensity</b>	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. <b>Medium to high intensity</b>	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. <b>Medium to high intensity</b>	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. <b>Low to medium intensity</b>	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. <b>Low to moderate intensity</b>	45 mins
Yoga	YOGA is a combination of stretches and poses to develop flexibility, range of movement whilst focusing on mind and body. <b>Low to moderate intensity</b>	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. <b>Medium to high intensity</b>	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. <b>Moderate intensity</b>	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. <b>Low intensity</b>	45 mins

Angelo  
Anestis  
Aquatic  
Centre



# Group Fitness Timetable

29 January – 31 March 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](http://www.bexleypools.com.au)

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

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