

## GROUP FITNESS CLASS DESCRIPTIONS

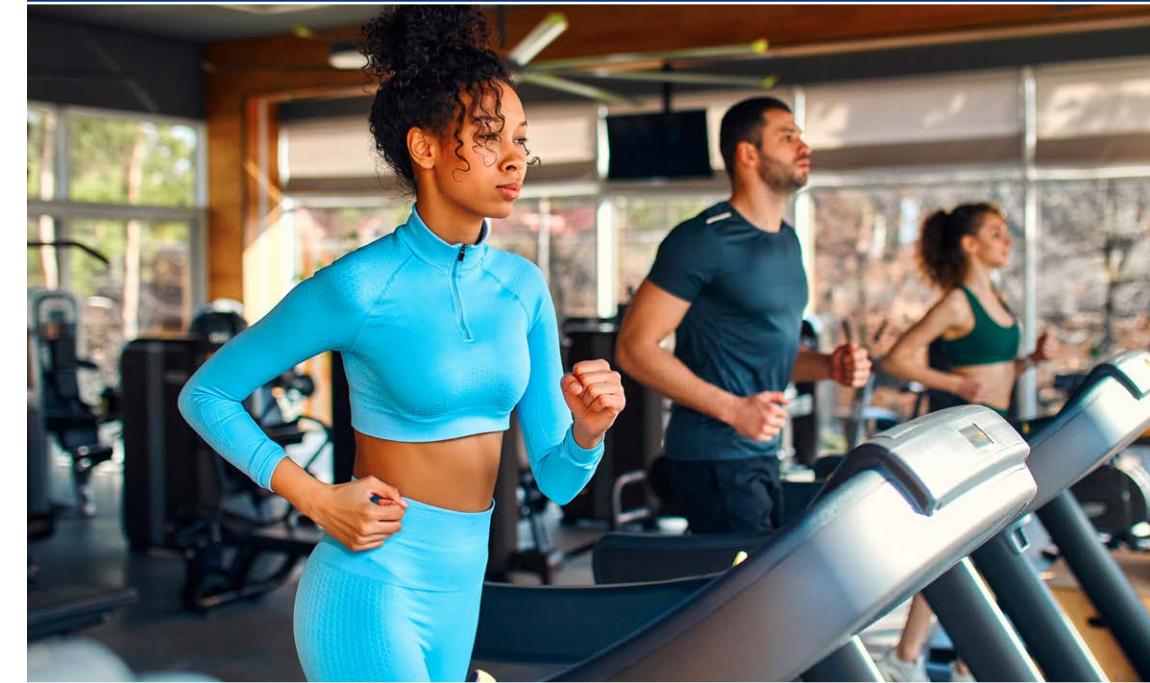
|                        |   |            |
|------------------------|---|------------|
| Aqua                   | Gentle, low-impact exercise in the water for all ages and abilities, and those rehabilitating from injuries.  | 50-55 mins |
| Flex FIT               | A rejuvenating group class that blends stretching, breathing, and foam rolling to improve flexibility and release tension.  | 45 mins    |
| Strength FIT           | Challenge yourself with exercises that integrate compound movements, strength training, and endurance to build muscle and enhance overall fitness.  | 45 mins    |
| HIIT FIT               | A dynamic group class that combines functional training with high-intensity intervals to boost strength, endurance, and overall fitness.  | 45 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.                | 50-55 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. | 50-55 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.  | 50-55 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 is for total beginners to total addicts.                                   | 50-55 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.  | 50-55 mins |
| Yoga                   | Yoga is a combination of stretches and poses to develop flexibility, range of movement whilst focusing on mind and body.  | 50-55 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.   | 50-55 mins |
| Zumba                  | A mix of low and high intensity, interval-style moves that come together for a dance fitness party. In one class, you can burn up to 600 calories, depending on the intensity.                                | 50-55 mins |
| Zumba Gold             | Zumba Gold is a modified fitness class based on Zumba, designed for older adults or beginners, incorporating dance and aerobic movements at a lower intensity.  | 50-55 mins |

Angelo  
Anestis  
Aquatic  
Centre



# Group Fitness Timetable

## 1 January - 31 March 2026



### 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>6:00am</b>  | <b>HIIT FIT</b><br>Group Fitness Room<br><b>Kat</b>             | <b>Body Pump</b><br>Group Fitness Room<br><b>Shirley</b>  | <b>Strength FIT</b><br>Group Fitness Room<br><b>Andrea</b>   | <b>Strength FIT</b><br>Group Fitness Room<br><b>Kat</b>     | <b>Body Pump</b><br>Group Fitness Room<br><b>Jenny</b>      | <b>HIIT FIT</b><br>Group Fitness Room<br><b>Kat</b>     |
| <b>7:30am</b>  | <b>Aqua Aerobics</b><br>Pool<br><b>Fabiana</b>                  | <b>Aqua Aerobics</b><br>Pool<br><b>Elle</b>               | <b>Aqua Aerobics</b><br>Pool<br><b>Pierina</b>               | <b>Aqua Aerobics</b><br>Pool<br><b>Fabiana</b>              | <b>Aqua Aerobics</b><br>Pool<br><b>Pierina</b>              | <b>Body Pump</b><br>Group Fitness Room<br><b>Jenny</b>  |
| <b>8:30am</b>  | <b>Young at Heart</b><br>Group Fitness Room<br><b>Kosta/Kat</b> | <b>Flex FIT</b><br>Group Fitness Room<br><b>Andrea</b>    | <b>Young at Heart</b><br>Group Fitness Room<br><b>Andrea</b> | <b>Flex FIT</b><br>Group Fitness Room<br><b>Kat</b>         | <b>Young at Heart</b><br>Group Fitness Room<br><b>Kosta</b> | <b>Yoga</b><br>Group Fitness Room<br><b>Don</b>         |
| <b>9:30am</b>  | <b>Zumba</b><br>Group Fitness Room<br><b>Pierina</b>            | <b>Yoga</b><br>Group Fitness Room<br><b>Trish</b>         | <b>Body Pump</b><br>Group Fitness Room<br><b>Felicia</b>     | <b>Pilates</b><br>Group Fitness Room<br><b>Vicky</b>        | <b>Zumba</b><br>Group Fitness Room<br><b>Fabiana</b>        | <b>Strength FIT</b><br>Group Fitness Room<br><b>Kat</b> |
| <b>10:30am</b> | <b>Pilates</b><br>Group Fitness Room<br><b>Vicky</b>            | <b>Zumba Gold</b><br>Group Fitness Room<br><b>Pierina</b> |  |   | <b>Pilates</b><br>Group Fitness Room<br><b>Fabiana</b>      |   |
| <b>5:30pm</b>  | <b>Body Pump</b><br>Group Fitness Room<br><b>Jenny</b>          | <b>HIIT FIT</b><br>Group Fitness Room<br><b>Kat</b>       | <b>Strength FIT</b><br>Group Fitness Room<br><b>Peter</b>    | <b>Body Pump</b><br>Group Fitness Room<br><b>Shirley</b>    | <b>Body Balance</b><br>Group Fitness Room<br><b>Kelly</b>   |   |
| <b>6:30pm</b>  | <b>Body Combat</b><br>Group Fitness Room<br><b>Rasha</b>        | <b>Body Attack</b><br>Group Fitness Room<br><b>Vicky</b>  | <b>Body Pump</b><br>Group Fitness Room<br><b>Jenny</b>       | <b>Body Combat</b><br>Group Fitness Room<br><b>Jonathan</b> | <b>Yoga</b><br>Group Fitness Room<br><b>Don</b>             |   |
| <b>7:30pm</b>  | <b>Body Balance</b><br>Group Fitness Room<br><b>Rasha</b>       | <b>Pilates</b><br>Group Fitness Room<br><b>Vicky</b>      | <b>Yoga</b><br>Group Fitness Room<br><b>Vicky</b>            | <b>Zumba</b><br>Group Fitness room<br><b>Fabiana</b>        |   |   |

Due to instructor availability classes are subject to change without notice



ENTRY 5 MINUTES AFTER THE CLASS STARTS IS NOT PERMITTED