

## GROUP FITNESS CLASS DESCRIPTIONS

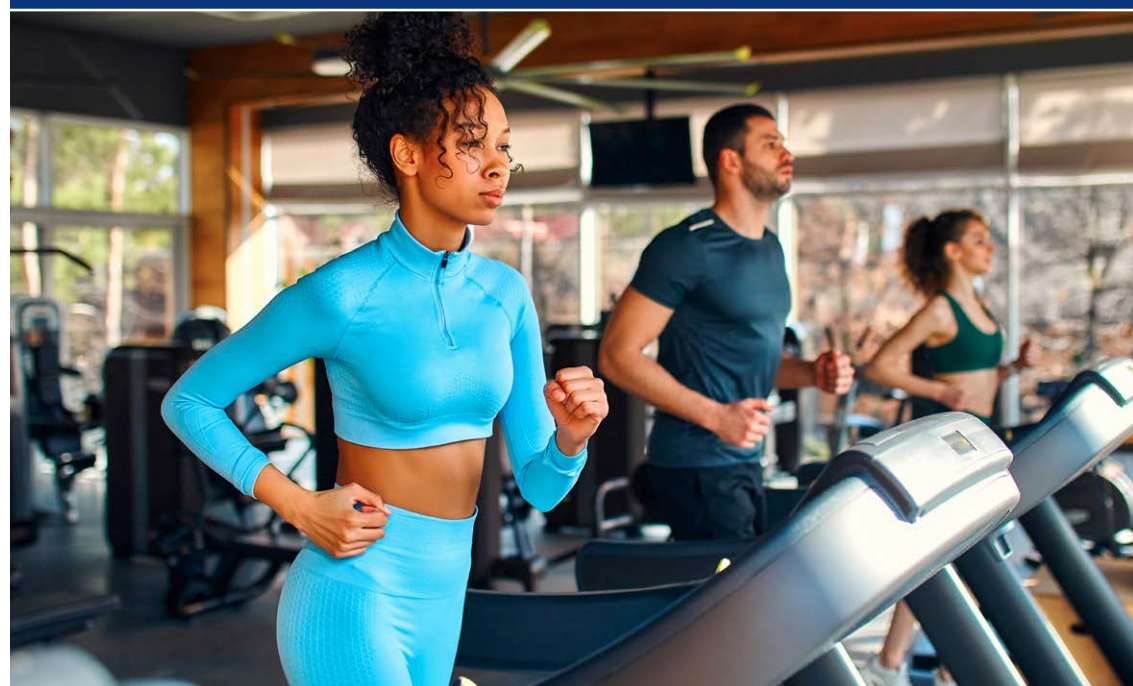
<b>Aqua</b>	Gentle, low-impact exercise in the water for all ages and abilities, and those rehabilitating from injuries.	50-55 mins
<b>Flex FIT</b>	A rejuvenating group class that blends stretching, breathing, and foam rolling to improve flexibility and release tension.	45 mins
<b>Strength FIT</b>	Challenge yourself with exercises that integrate compound movements, strength training, and endurance to build muscle and enhance overall fitness.	45 mins
<b>HIIT FIT</b>	A dynamic group class that combines functional training with high-intensity intervals to boost strength, endurance, and overall fitness.	45 mins
<b>Les Mills Body Balance</b>	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
<b>Les Mills Body Pump</b>	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
<b>Les Mills Body Combat</b>	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
<b>Les Mills Body Attack</b>	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
<b>Pilates</b>	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
<b>Yoga</b>	Yoga is a combination of stretches and poses to develop flexibility, range of movement whilst focusing on mind and body.	50-55 mins
<b>Young at Heart</b>	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
<b>Zumba</b>	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
<b>Zumba Gold</b>	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> Group Fitness Room <b>Kat</b>	<b>Body Pump</b> Group Fitness Room <b>Shirley</b>	<b>Strength FIT</b> Group Fitness Room <b>Andrea</b>	<b>Strength FIT</b> Group Fitness Room <b>Kat</b>	<b>Body Pump</b> Group Fitness Room <b>Jenny</b>	<b>HIIT FIT</b> Group Fitness Room <b>Kat</b>
<b>7:30am</b>	<b>Aqua Aerobics</b> Pool <b>Fabiana</b>	<b>Aqua Aerobics</b> Pool <b>Elle</b>	<b>Aqua Aerobics</b> Pool <b>Pierina</b>	<b>Aqua Aerobics</b> Pool <b>Fabiana</b>	<b>Aqua Aerobics</b> Pool <b>Pierina</b>	<b>Body Pump</b> Group Fitness Room <b>Jenny</b>
<b>8:30am</b>	<b>Young at Heart</b> Group Fitness Room <b>Kosta/Kat</b>	<b>Flex FIT</b> Group Fitness Room <b>Andrea</b>	<b>Young at Heart</b> Group Fitness Room <b>Andrea</b>	<b>Flex FIT</b> Group Fitness Room <b>Kat</b>	<b>Young at Heart</b> Group Fitness Room <b>Kosta</b>	<b>Yoga</b> Group Fitness Room <b>Don</b>
<b>9:30am</b>	<b>Zumba</b> Group Fitness Room <b>Pierina</b>	<b>Yoga</b> Group Fitness Room <b>Trish</b>	<b>Body Pump</b> Group Fitness Room <b>Felicia</b>	<b>Pilates</b> Group Fitness Room <b>Vicky</b>	<b>Zumba</b> Group Fitness Room <b>Fabiana</b>	<b>Strength FIT</b> Group Fitness Room <b>Kat</b>
<b>10:30am</b>	<b>Pilates</b> Group Fitness Room <b>Vicky</b>	<b>Zumba Gold</b> Group Fitness Room <b>Pierina</b>			<b>Pilates</b> Group Fitness Room <b>Fabiana</b>	
<b>5:30pm</b>	<b>Body Pump</b> Group Fitness Room <b>Jenny</b>	<b>HIIT FIT</b> Group Fitness Room <b>Kat</b>	<b>Strength FIT</b> Group Fitness Room <b>Peter</b>	<b>Body Pump</b> Group Fitness Room <b>Shirley</b>	<b>Body Balance</b> Group Fitness Room <b>Kelly</b>	
<b>6:30pm</b>	<b>Body Combat</b> Group Fitness Room <b>Rasha</b>	<b>Body Attack</b> Group Fitness Room <b>Vicky</b>	<b>Body Pump</b> Group Fitness Room <b>Jenny</b>	<b>Body Combat</b> Group Fitness Room <b>Jonathan</b>	<b>Yoga</b> Group Fitness Room <b>Don</b>	
<b>7:30pm</b>	<b>Body Balance</b> Group Fitness Room <b>Rasha</b>	<b>Pilates</b> Group Fitness Room <b>Vicky</b>	<b>Yoga</b> Group Fitness Room <b>Vicky</b>	<b>Zumba</b> Group Fitness room <b>Fabiana</b>		

Due to instructor availability classes are subject to change without notice



ENTRY 5 MINUTES AFTER THE CLASS STARTS IS NOT PERMITTED