GROUP FITNESS CLASS DESCRIPTIONS

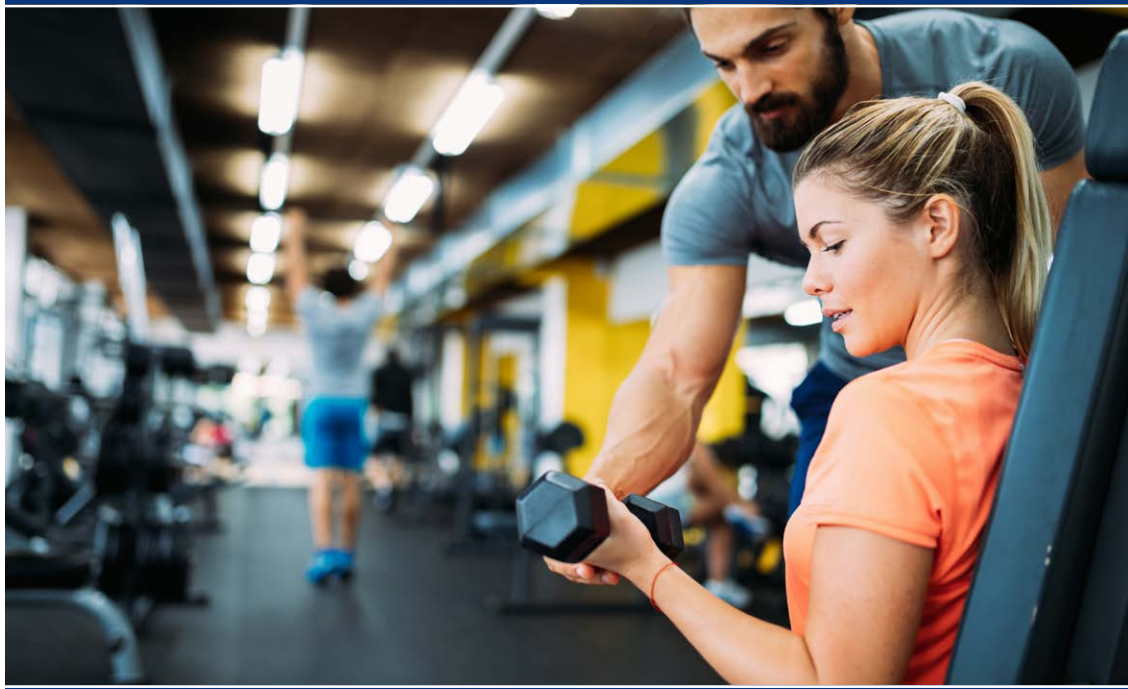
Aqua	Gentle, low-impact exercise in the water for all ages and abilities, and those rehabilitating from injuries.	50-55 mins
Flex FIT	A rejuvenating group class that blends stretching, breathing, and foam rolling to improve flexibility and release tension.	45 mins
Strength FIT	Challenge yourself with 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

Bayside Council

Group Fitness Timetable

29 June - 27 September 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

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	**HIIT FIT** Group Fitness **Kat / Kosta**	**Body Pump** Group Fitness **Shirley**	**Strength FIT** Group Fitness **Peter**	**Strength FIT** Group Fitness **Kat**	**Body Pump** Group Fitness **Jenny**	**HIIT FIT** Group Fitness **Kat**	
7:30am	**Aqua Aerobics** Pool **Fabiana**	**Aqua Aerobics** Pool **Elle**	**Aqua Aerobics** Pool **Pierina**	**Aqua Aerobics** Pool **Fabiana**	**Aqua Aerobics** Pool **Pierina**	**Body Pump** Group Fitness **Jenny**	**HIIT FIT** Group Fitness ***Rotation***
8:30am	**Young at Heart** Group Fitness **Kosta/Kat**	**Flex FIT** Group Fitness **Andrea**	**Young at Heart** Group Fitness **Peter**	**Flex FIT** Group Fitness **Kat**	**Young at Heart** Group Fitness **Kosta / Andrea**	**Yoga** Group Fitness **Don**	
9:30am	**Zumba** Group Fitness **Pierina**	**Yoga** Group Fitness **Trish**	**Body Pump** Group Fitness **Felicia**	**Pilates** Group Fitness **Vicky**	**Zumba** Group Fitness **Fabiana**	**Strength FIT** Group Fitness **Kat**	**Flex FIT** Group Fitness ***Rotation***
10:30am	**Pilates** Group Fitness **Vicky**	**Zumba Gold** Group Fitness **Pierina**			**Pilates** Group Fitness **Fabiana**		
5:30pm	**Body Pump** Group Fitness **Jenny**	**HIIT FIT** Group Fitness **Kat**	**Strength FIT** Group Fitness **Andrea**	**Body Pump** Group Fitness **Shirley**	**Body Balance** Group Fitness **Kelly**		
6:30pm	**Body Combat** Group Fitness **Rasha**	**Body Attack** Group Fitness **Vicky**	**Body Pump** Group Fitness **Jenny**	**Body Combat** Group Fitness **Jonathan**	**Yoga** Group Fitness **Elle**		
7:30pm	**Body Balance** Group Fitness **Rasha**	**Pilates** Group Fitness **Vicky**	**Yoga** Group Fitness **Vicky**	**Zumba** Group Fitness **Fabiana**	**Strength FIT** Group Fitness **Jas**		

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