

GROUP FITNESS CLASS DESCRIPTIONS

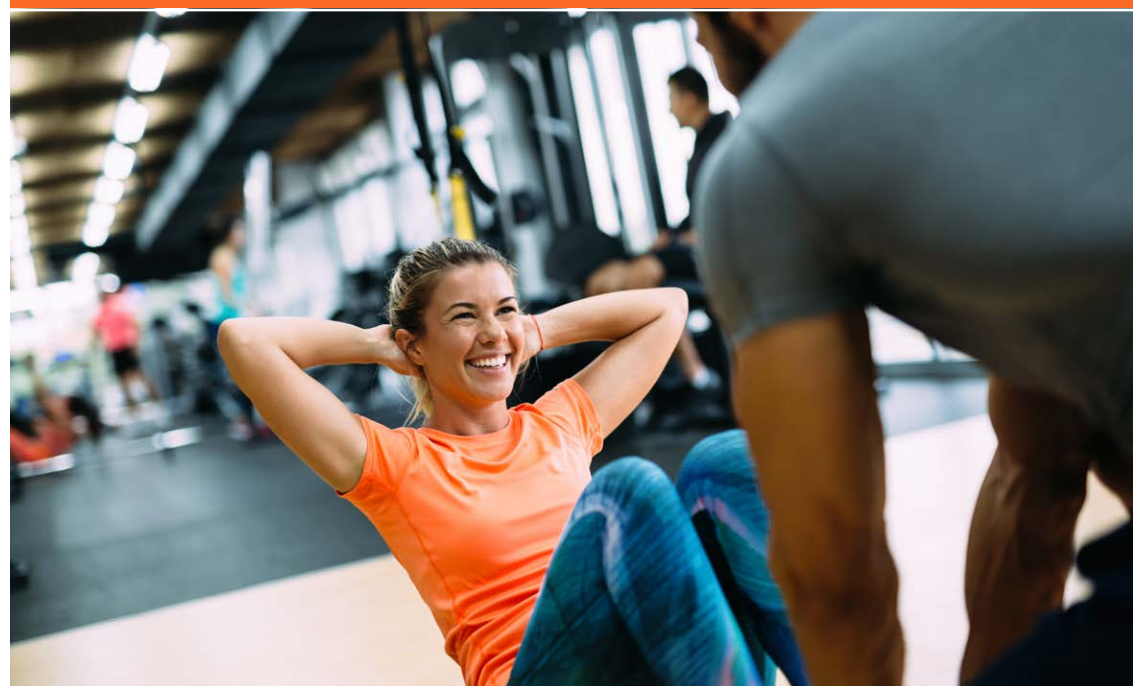
Aqua	Gentle, low-impact exercise in the water for all ages and abilities, and those rehabilitating from injuries.	50-55 mins
Flex FIT	A rejuvenating group class that blends stretching, breathing, and foam rolling to improve flexibility and release tension.	45 mins
Strength FIT	Challenge yourself with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

12 - 17 October 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
6:00am	HIIT FIT Group Fitness Kat	Strength FIT Group Fitness Beti	HIIT FIT Group Fitness Peter	Strength FIT Group Fitness Peter	HIIT FIT Group Fitness Kosta	Strength FIT Group Fitness Beti
7:30am	Aqua Aerobics Pool Fabiana	Aqua Aerobics Pool Elle	Aqua Aerobics Pool Pierina	Aqua Aerobics Pool Fabiana	Aqua Aerobics Pool Pierina	HIIT FIT Group Fitness Beti
8:30am	Young at Heart Group Fitness Kat	Young at Heart Group Fitness Beti	Young at Heart Group Fitness Peter	Young at Heart Group Fitness Peter	Young at Heart Group Fitness Kosta	Young at Heart Group Fitness Beti
9:30am	Flex FIT Group Fitness Kat	Flex FIT Group Fitness Beti	Flex FIT Group Fitness Peter	Flex FIT Group Fitness Peter	Flex FIT Group Fitness Kosta	Flex FIT Group Fitness Beti
11:30am	Strength FIT Group Fitness Kosta	HIIT FIT Group Fitness Kosta	Strength FIT Group Fitness Kosta	HIIT FIT Group Fitness Kosta	Strength FIT Group Fitness Kosta	Class information: ▶ <i>Aqua</i> classes are 50-55 min and have a capacity of 70 people ▶ <i>FIT</i> series and <i>Young at Heart</i> classes are 45 min and have capacity of 12 people ▶ Meet for land based classes in multi-purpose room 5 min prior to class commencement
12:30pm	Flex FIT Group Fitness Kosta	Flex FIT Group Fitness Kosta	Flex FIT Group Fitness Kosta	Flex FIT Group Fitness Kosta	Flex FIT Group Fitness Kosta	
5:30pm	Strength FIT Group Fitness Peter	HIIT FIT Group Fitness Kat	Strength FIT Group Fitness Milan	HIIT FIT Group Fitness Milan	Strength FIT Group Fitness Jas	
6:30pm	HIIT FIT Group Fitness Peter	Strength FIT Group Fitness Kat	HIIT FIT Group Fitness Milan	Strength FIT Group Fitness Milan	HIIT FIT Group Fitness Jas	

Due to instructor availability classes are subject to change without notice



ENTRY 5 MINUTES AFTER THE CLASS STARTS IS NOT PERMITTED