

GROUP EXERCISE CLASSES

TIMETABLE

FROM 1ST DECEMBER 2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GROUP EXERCISE	6:05am	Aqua Pilates 45min (Cate)		Aqua Pilates 45min (Cate)		
	6:30am	Functional Training 45min (Jordan)	Aqua Aerobics 45min (Jo) Flow Yoga 45min (Kim)	HydroLAB 45min (Jordan)		Functional Training 45min (Jordan)
	8:00am		Chair Yoga 45min (Kim)			
	9:00am			Aqua Pilates 45min (Charlotte)		
	9:30am	Aqua Pilates 45min (Cate)	Functional Training 45min (Jordan)		Functional Training 45min (Jordan) Aqua Pilates 45min (Cate)	
	10:30am	Aqua Pilates 45min (Cate)	HydroLAB 45min (Jordan)			
	5:15pm		Functional Training 45min (Jordan)	Functional Training 45min (Jordan)		
	5:30pm	Pilates 45min (Kylie)		Aqua Pilates 45min (Cate)	Yin Yoga 45min (Kylie)	
	6:00pm				Aqua Aerobics 45min (Jo)	

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.

GROUP EXERCISE CLASSES

DESCRIPTIONS

FROM 1ST DECEMBER 2025

Functional Training

Experience a high-intensity that combines cardio, strength, and functional movements to challenge your body and ignite your metabolism

Pilates

A total body workout focusing on strength, mobility, endurance, body alignment and breath control. Performed on the floor you'll feel strong, streamlines and invigorated after this workout.

Yin Yoga

Calm the mind and incorporate breath with movement while strengthening, stretching and nourishing your body. Suitable for those seeking a regular class that is gentle, with less heat.

Aqua Aerobics

This water-based class format is designed to tone and sculpt your body in our 50mtr pool. A popular blend of cardio and resistance training for all fitness levels.

Aqua Pilates

Water Pilates focuses on strengthening deep muscles, improving posture, flexibility, and balance using Pilates principles adapted to the aquatic environment.

HydroLAB

Performance training in the pool. Building fitness in a low impact environment. Build power, muscular endurance & control. Smash sprints & intervals to raise intensity and boost endurance.

Flow Yoga

Hatha Yoga is a gentle flow that combines physical postures and breath control to promote balance and well-being. Join us for a calming Hatha Yoga class where you will move slowly and breathe deeply, allowing you to find a moment of peace in your day. Setting aside one hour for yourself.

Chair Yoga

Chair yoga is a gentle and accessible form of yoga that focuses on enhancing mobility, practicing mindful breathing, and enjoying the benefits of yoga without the need to get down on the floor. It is ideal for staying active and content, regardless of your mobility level. Based on Hatha Yoga, the term "yoga" means "union," representing the union of self.

COMING SOON...

Live Stronger

A senior's strength and fitness class

**Coming in 2026*



Inverell
Aquatic Centre