

Group Fitness Timetable

Effective 11 November 2024

| Group Fitness Room - Max Capacity 34-40 | | | | | | | |
|---|------------------------------|-------------------------------|---------------------------|------------------------------|-------------------------------|-------------------------------|---------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6.00am | Boxing 45min | Virtual Grit Strength 30min | Virtual BodyPump 45min | Virtual BodyAttack 45mins | Boxing 45min | | |
| 7.30am | Virtual BodyPump 45min | Virtual Les Mills Core 30min | Virtual Grit Cardio 30min | Virtual BodyAttack 45mins | Virtual Grit Strength 30min | Virtual BodyPump 45min | Virtual Grit Cardio 30min |
| 8.20am | Virtual Les Mills Core 30min | Virtual BodyBalance 45min | Tai Chi 45min | Virtual BodyPump 45min | Active Pilates 45min | Les Mills Shapes 45m | Virtual BodyCombat 30min |
| 9.00am | | | | | | | BodyPump 55min |
| 9.20am | BodyAttack 55min | | | | BodyCombat 55min | | |
| 9.30am | | Zumba 45min | BodyStep 55min | Les Mills Shapes 45m | | Zumba 45min | |
| 10.15am | | | | | | BodyAttack 55min | BodyBalance 55min |
| 10.25am | Les Mills Core 30min | Virtual Grit Strength 30min | | Virtual Grit Cardio 30min | Virtual Les Mills Core 30min | | |
| 10.30am | | | | Casey Pacers Walk 45min | | | |
| 11.00am | BodyBalance 55min | Les Mills Shapes 45m | BodyPump 55min | Zumba 45min | BodyPump 55min | | |
| 12.15pm | Virtual BodyPump 30min | Virtual BodyAttack 30min | Virtual BodyBalance 30min | Virtual Grit Strength 30min | Virtual Les Mills Dance 30min | Virtual BodyCombat 55min | |
| 1.30pm | | Virtual Stretch 30min | | | | | |
| 2.00pm | | Virtual Meditation 10min | | | | | |
| 4.30pm | Virtual BodyCombat 45min | Virtual Les Mills Dance 45min | Virtual BodyPump 45min | Virtual Les Mills Core 30min | Virtual BodyBalance 45min | | |
| 5.30pm | BodyPump 55min | BodyAttack 55min | Boxing 45min | BodyAttack 55min | BodyPump 55min | Virtual Les Mills Dance 45min | Virtual BodyPump 55min |
| 6.15pm | | | Zumba Toning 45min | | | | |
| 6.30pm | BodyStep 45min | BodyPump 55min | | BodyCombat 55min | | | Virtual BodyBalance 55min |
| 6.45pm | | | | | Yoga 60min | | |
| 7.00pm | | | Les Mills Core 30min | | | | |
| 7.15pm | Les Mills Shapes 45m | | | | | | |
| 7.30pm | | Zumba 45min | | Yoga 60min | | | |
| 7.40pm | | | BodyBalance 55min | | | | |
| 8.00pm | BodyBalance 45min | | | | | | |
| 8.15pm | | Boxing 45min | | | | | |

 Indicates virtual class

 Indicates live class

| Cycle Studio - Max Capacity 25 | | | | | | | |
|--------------------------------|--------------|-----------|-----------|-----------|-----------|-----------|-----------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6.00am | Sprint 30min | | RPM 45min | | | | |
| 8.30am | | | | | | RPM 45min | |
| 9.20am | RPM 45min | | | | RPM 45min | | |
| 10.10am | | | | | | | RPM 45min |
| 5.45pm | | | | | | | |
| 6.00pm | RPM 45min | | | RPM 45min | | | |
| 6.30pm | | RPM 45min | RPM 45min | | | | |

| Relentless Zone - Max Capacity 12-15 | | | | | | | |
|--------------------------------------|------------------|------------|-------------|------------------|--------|------------|--------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6.00am | | HIIT 45min | | HIIT 45min | | | |
| 8.30am | Active Gym 45min | | | | | HIIT 45min | |
| 9.30am | Strength 45min | | Power 45min | Strength 45min | | HIIT 45min | |
| 11:00am | | | | Active Gym 45min | | | |
| 6.00pm | HIIT 45min | HIIT 45min | | HIIT 45min | | | |
| 6.30pm | | | Power 45min | | | | |
| 7.00pm | Strength 45min | | | | | | |

| Aqua - Max Capacity 30-40 for shallow, 25 for deep | | | | | | | |
|--|---------------------|---------------------|--------------------------|--------------------------|------------------|----------|---------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 8.45am | AquaMovers 45min | AquaMovers 45min | | | | | Water Workout 45min |
| 9.30am | AquaMovers 45min | Water Workout 45min | AquaMovers 45min | Water Workout 45min | AquaMovers 45min | | |
| 10.30am | | | Deep Water Workout 45min | | | | |
| 7.05pm | | | | Deep Water Workout 45min | | | |
| 7.15pm | Water Workout 45min | | Water Workout 45min | | | | |

The timetable is accurate at the time of the printing but subject to change. Check the website for the live and most up-to-date timetable.

Indicates virtual class
 Indicates live class



Group Fitness Timetable

Effective 11 November 2024

CASEY ARC
AQUATIC &
RECREATION
CENTRE

Active Gym: Increase fitness, improve muscle and bone strength, and enhance metabolism in this gym-based gentle exercise class for older adults. Available at: ARC, EHLC, RACE

Active Movers: Maintain fitness, improve muscle and bone strength, and enhance flexibility with this land-based gentle exercise class for all. Available at: EHLC, RACE

Aqua for All Abilities: A community-based class designed to assist those with injuries and disabilities, focusing on functional movement, core strength, and balance. Available at: RACE

Aqua Movers: Aqua aerobics designed for seniors and those seeking injury rehabilitation, set in a fun and sociable environment. Available at: ARC, RACE

Aqua Zumba: Combine South American Zumba rhythm and dance steps with a pool party for a fun and challenging water-based workout. Available at: RACE

Boxing: Improve strength, speed, and coordination with this class incorporating boxing basics, partner work, and team-based activities. Available at: ARC, RACE, EHLC

Casey Pacers Walking Group: Join a walk around the neighbourhood in conjunction with the Heart Foundation. Available at: ARC

Core & More: Target inner and outer core muscles, including abs, back, hips, and glutes, with this freestyle class using body weight, fitballs, hand weights, and Pilates-inspired moves. Available at: EHLC

Deep Water Workout: Improve fitness, tone, and core stability in this athletic class. You don't need to be a confident swimmer to do this class, as you'll be wearing a buoyancy belt. Available at: ARC, RACE

Kettlebell: Achieve your fitness goals with this fast, high-intensity workout featuring functional, compound strength exercises with kettlebells. Available at: RACE

Les Mills BODYATTACK: A simple, athletic, high-energy fitness class combining sports movements, plyometrics, and strength training for a calorie-burning workout. Available at: ARC, RACE, EHLC

Les Mills BODYBALANCE: Improve strength, core stability, flexibility, and calm your mind with this dynamic blend of tai chi, yoga, and Pilates. Available at: ARC, RACE, EHLC

Les Mills BODYCOMBAT: Release your inner warrior with this empowering cardio workout inspired by martial arts from various disciplines. Available at: ARC, RACE

Les Mills BODYPUMP: Shape, tone, and burn calories with this total body workout that increases core strength and improves bone health. Available at: ARC, RACE, EHLC

Les Mills BODYSTEP: Combine lower body strength and fitness training using an adjustable height step set to fantastic music for fun and results. Available at: EHLC, ARC

Les Mills CORE: Build strength, stability, and endurance in the muscles that support your core with this scientific workout for incredible core definition and sports performance. Available at: ARC, RACE

Les Mills RPM: Ride to the rhythm of powerful music in this indoor cycling routine. Available at: RACE, EHLC, ARC

Les Mills Sprint: Achieve fast results with this HIIT workout using an indoor bike. Available at: RACE, ARC

Les Mills Shapes
An invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups and improve alignment. Available at: ARC, RACE, EHLC

Masala Bhangra: Masala Bhangra is a Bollywood style dance fitness program designed for people of all ages and levels who love to stay physically active and have fun. Available at: EHLC

Pilates: Improve posture, flexibility, and strength through the connection of mind, body, and breath with core-strengthening movements. Available at: RACE, EHLC, ARC

Powerflow Yoga: A faster paced Yoga practice which can include almost any yoga pose, put together in sequences designed to build strength and endurance. Available at: RACE

Relentless HIIT: Boost your physical performance in just 45 minutes with this functional fitness workout based on High Intensity Interval Training principles. Available at: RACE, EHLC, ARC

Relentless Power: Increase strength, power, functionality, and muscle growth in this 45-minute class focusing on barbell work and intelligent accessory exercises. Available at: ARC, RACE

Relentless Recovery: Recover with a 30-minute session of stretching routines, foam rolling techniques, and tailored exercises to help you recharge. Available at: RACE

Relentless Rush: A 30-minute version of our popular Relentless HIIT program. Get in and get out and get fit quick with this fast-paced functional HIIT workout. Available at: RACE

Relentless Strength and Conditioning: Improve strength, build muscle, shed fat, and enhance performance with this 45-minute functional lifting workout. Available at: RACE, EHLC

Resistance Band: Improve cardio fitness, set new goals, tone up, and create a healthier lifestyle with this outdoor class. Available at: EHLC

Running Club: Increase cardio fitness, set new goals, tone up, join a community, or create a healthier lifestyle with this outdoor class. Available at: RACE

Stretch: Reduce stress, decrease injury, and improve flexibility with this class blending stretching, strengthening postures, mobility, and breath-work. Available at: ARC

Tabata HIIT: A fun and cardio-based HIIT workout using the highly popular Tabata timing method of 20 sec on, 10 sec off. Get fit quick with High Intensity Interval Training. Available at: EHLC

Tai Chi: Tai Chi is a mind-body practice that combines slow, gentle movements and physical postures with an aim to slow down both the mind and the body. Benefits include increased fitness, balance, strength, mobility and even cognition. Available at: ARC

Uplifted Ladies: Join our strength coach in this all-female 45-minute program in the gym to learn new exercises, work on technique, nutrition, and build body strength. Available at: RACE

Water Workout: Suitable for all levels, this aqua aerobics class allows for an intense workout or one at a gentler pace. Available at: RACE, ARC

Women's Get Fit: Join this free weekly class where female participants of all fitness levels can come together to improve their health and fitness. Available at: EHLC

Yoga: Increase stamina, strength, flexibility, and promote health, harmony, and wellbeing with this Hatha Yoga class incorporating Vinyasa Power Flow, rhythmic and static postures, breathing, and meditation. Available at: RACE, ARC, EHLC

Zumba: Experience a one-of-a-kind, fitness-friendly program with Latin-based rhythms and easy-to-follow moves. Available at: RACE, ARC, EHLC

Zumba Gold: Designed for active older adults, this modified Zumba class offers a lower-intensity workout that recreates the original moves you love. Enjoy a fun and energetic dance fitness experience tailored to your needs and abilities. Available at: RACE, EHLC

Zumba Toning: Sculpt and tone muscles while enjoying a fun dance workout. Available at: RACE, ARC

