

# Group Fitness Timetable

Effective 19 May 2025

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		
8.20am	Virtual Les Mills Core 30min	Virtual BodyBalance 45min	Tai Chi 45min	Virtual BodyPump 45min	Active Pilates 45min	Les Mills Shapes 45m	Virtual Grit Cardio 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	Pilates 60min	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 & Meditation 40min					
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 45min				
6.30pm	BodyStep 45min	BodyPump 55min		BodyCombat 55min			Virtual BodyBalance 55min
6.45pm					Yoga 60min		
7.00pm			Les Mills Core 30min				
7.20pm	Les Mills Shapes 30m						
7.30pm		Zumba 45min		Yoga 60min			
7.40pm			BodyBalance 55min				
8.00pm	BodyBalance 45min						
8.15pm		Boxing 45min					



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			
8.15am						HIIT 45min	
8.30am	Active Gym 45min						
9.00am						HIIT 45min	
9.30am	Strength 45min		Power 45min	Strength 45min			
9.45am						HIIT 45min	
11:00am		Uplifted Ladies 45min		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



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**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 Pilates:** Magical choreography, hypnotic music, and the latest exercise science. A 45-minute mind-body workout using slow, simple movements to tone your abs, glutes, back, and hips. Available at: 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**  
A 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. Available at: RACE

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

