Group Fitness Timetable

Effective 23 November 2026

CASEY ARC
AQUATIC & RECREATION CENTRE

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 Grit Strength 30min	**Boxing 45min**		
7.30am	Virtual BodyPump 45min	Virtual Core 30min	Virtual Dance 45min	Virtual BodyAttack 45min	Virtual Grit Strength 30min		
8.20am	Virtual Core 30min	Virtual BodyBalance 45min	**Tai Chi 45min**	Virtual BodyPump 45min	**Active Pilates 45min**	**Shapes 45min**	Virtual Grit Cardio 30min
9.00am							**BodyPump 55min**
9.20am	**BodyAttack 55min**	**Zumba 45min**			**BodyCombat 55min**		
9.30am			**BodyStep 55min**	**BodyBalance 55min**		**Zumba 45min**	
10.15am		**Thrive 45min**				**BodyAttack 55min**	**BodyBalance 55min**
10.25am	**Core 30min**				Virtual 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 Strength 30min	Virtual Grit Strength 30min	Virtual Dance 30min	Virtual BodyPump 55min	Virtual BodyCombat 55min
1.30pm	Virtual Dance 45min	Virtual BodyBalance Flexibility 30min	Virtual BodyCombat 45min	Virtual BodyAttack 45min	Virtual Core 30min	Virtual BodyBalance 45min	Virtual Core 30min
4.30pm	Virtual BodyCombat 45min	Virtual Dance 45min	Virtual BodyPump 45min	Virtual Core 30min	Virtual BodyBalance 45min	Virtual BodyAttack 45min	Virtual Dance 45min
5.30pm	**BodyPump 55min**	**BodyAttack 55min**	**Boxing 45min**	**BodyAttack 55min**	**BodyPump 55min**	Virtual Dance 45min	Virtual BodyPump 55min
6.15pm			**Zumba 45min**			Virtual Core 30min	
6.30pm	**BodyStep 45min**	**BodyPump 55min**		**BodyCombat 55min**			Virtual BodyBalance 55min
6.45pm					**Yoga 60min**		
7.00pm			**Core 30min**				
7.20pm	**Shapes 30min**						
7.30pm		**Zumba 45min**		**Yoga 60min**			
7.40pm			**BodyBalance 55min**				
8.00pm	**BodyBalance 55min**						
8.15pm		**Boxing 45min**					

Les Mills Virtual classes available on demand between 230-430pm in the Group Fitness studio

Live class **Virtual Class**

Cycle Studio - Max Capacity 20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	Sprint 30min						
8.30am						RPM 45min	
9.15am							RPM 45min
9.20am	RPM 45min				RPM 45min		
5.45pm							
6.00pm	RPM 45min			RPM 45min			
6.30pm		RPM 45min	RPM 45min				

Relentless Zone - Max Capacity 8-15

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am		HIIT 45min		HIIT 45min			
8.15am						HIIT 45min	
8.30am	Active Gym 45min			Active Gym 45min			
9.00am						HIIT 45min	
9.30am	Strength 45min		Power 45min	Strength 45min	Active Gym 45min		
9.45am						HIIT 45min	
11.00am		Uplifted Ladies 45min					
6.00pm	HIIT 45min	HIIT 45min		HIIT 45min			
6.30pm			Power 45min				
7.00pm	Strength 45min						

Aqua - Max Capacity 30-45 for shallow, 25 for deep

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.45am	Aqua Movers 45min	Aqua Movers 45min					AquaFit 45min
9.30am	Aqua Movers 45min	AquaFit 45min	Aqua Movers 45min	AquaFit 45min	Aqua Movers 45min		
10.30am			Deep Water Workout 45min				
7.05pm				Deep Water Workout 45min			
7.15pm	AquaFit 45min		AquaFit 45min				

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

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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

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

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

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

Les Mills THRIVE: A 45 min, low-impact strength workout focused on building lower body and core strength, flexibility and balance, designed to meet people wherever they are on their fitness journey, from beginners to those who want a less intense option. Available at: RACE, ARC, EHLC

Bollywood Moves: 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

Les Mills Strength Development: Progressive strength training with a focus on hypertrophy muscle-building. The class utilises strength conditioning, lifting fundamentals, and muscle-building techniques, to help progress your skills and 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 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 15-minute session of core, 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: ARC, RACE, EHLC

Resistance Band: Improve strength and tone up using resistance bands in this fun, 45-minute freestyle class. Available at: EHLC

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

Stretch & Meditation: Reduce stress, decrease injury, and improve flexibility with this Virtual 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 and build body strength. Available at: ARC, RACE

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 strength, flexibility, and promote health, harmony, and wellbeing with rhythmic and static postures, breathing, and meditation. Available at: RACE, ARC, EHLC

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

Zumba Gold: This modified Zumba class offers a lower-intensity workout that recreates the original moves you love. Enjoy a fun and energetic dance fitness experience. Available at: EHLC