# Group Fitness Timetable

Effective 23 November 2026

CASEY RACE
RECREATION & AQUATIC CENTRE

**Group Fitness Room** - Max Capacity 34-40

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| 8.30am | | | Thrive 45min | Pilates 45min | | Strength Development 45min | |
| 9.00am | | | | | | | BodyPump 55min |
| 9.30am | BodyCombat 55min | BodyPump 55min | BodyBalance 55min | | Zumba 45min | BodyAttack 55min | |
| 10.00am | | | | | | | Core 30min |
| 10.15am | | | | Strength Development 45min | | | |
| 10.30am | | Core 30min | | | | BodyPump 55min | BodyBalance 55min |
| 11.00am | BodyPump 55min | Yoga 60min | Zumba 45min | Shapes 45min | Pilates 60min | | |
| 11.30am | | | | | | Yoga 60min | |
| 12.15pm | | Active Movers 45min | | | Active Movers 45min | | |
| 5.30pm | BodyPump 55min | Zumba 45min | BodyPump 30min | BodyCombat 55min | Power Yoga 45min | | |
| 6.10pm | | | Core 30min | | | | |
| 6.15pm | | | Run Club 50min | | | | |
| 6.30pm | BodyAttack 45min | BodyBalance 55min | | Zumba 55min | | | |
| 6.45pm | | | Yoga 60min | | | | |
| 7.20pm | Shapes 30min | | | | | | |
| 7.30pm | | Strength Development 45min | | BodyPump 55min | | | |
| 8.00pm | BodyBalance 55min | | Boxing 45min | | | | |

**Cycle Studio** - Max Capacity 20

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| 6.00am | | RPM 45min | | RPM 45min | Sprint 30min | | |
| 7.30am | | | | | | Sprint 30min | |
| 8.10am | | | | | | RPM 45min | |
| 8.20am | | | | | | | Sprint 30min |
| 9.30am | Sprint 30min | RPM 45min | RPM 45min | RPM 45min | RPM 45min | RPM 45min | |
| 5.40pm | | | | | | | |
| 6.00pm | | | | RPM 45min | | | |
| 6.30pm | Sprint 30min | RPM 45min | | | | | |

| **Aqua** - Max Capacity - 30-40 for main pool, 25 for Deep Water, and 20 for Half WWP | | | | | | | |
|---|---|---|---|---|---|---|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 8.30am | | | Aqua Movers Warm 45min | | | | |
| 9.30am | Aqua Zumba 45min | AquaZumba 45min | Aqua Movers 45min | Deep Water Workout 45min | AquaFit 45min | | |
| 10.00am | | | | | | | |
| 10.30am | | Deep Water Workout 45min | | Aqua for All Abilities 45min | Aqua Movers Warm 45min | | |
| 11.00am | | | | | | | |
| 7.30pm | AquaFit 45min | | | AquaFit 45min | | | |
| 7.45pm | | Deep Water Workout 45min | | | | | |

| **Relentless Zone** - Max Capacity 16 | | | | | | | |
|---|---|---|---|---|---|---|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6.00am | Strength & Conditioning 45min | HIIT 45min | Power 45min | HIIT 45min | Rush & Recovery 45min | | |
| 8.30am | | | | | | | Strength & Conditioning 45min |
| 9.30am | HIIT 45min | Strength & Conditioning 45min | HIIT 45min | Strength & Conditioning 45min | HIIT 45min | | |
| 11:00am | | | | Active Gym 45min | | | |
| 12:15pm | Active Gym 45min | | | | | | |
| 5.40pm | Rush 30min | | | | | | |
| 6.00pm | | | HIIT 45min | | | | |
| 6.15pm | Rush 30min | | | | Uplifted Ladies 45min | | |
| 6.30pm | | Strength & Conditioning 45min | | Strength & Conditioning 45min | | | |
| 7.00pm | Power 45min | | Kettlebell 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.

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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