

# GROUP EXERCISE CLASSES

## TIMETABLE

FROM  
FEBRUARY 9 2026

### GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00AM		RPM		CYCLE			
6:30AM					YOGA VINYASA <small>NEW</small>		
7.30AM						RPM	
7:45AM	SENIORS CYCLE						
8.30AM		MAT PILATES	MAT PILATES <small>COVER</small>	VITAL MOVES			
9.30AM	LES MILLS TONE	MAT PILATES	BODY PUMP	LES MILLS CORE <small>NEW</small>	BODY PUMP		BODY PUMP
10.30AM	BODY BALANCE		BODY BALANCE <small>COVER</small>	FEELING FIT	BODY BALANCE	BODY STEP <small>COVER</small>	BODY BALANCE
11.30AM	DANCE	BODY BALANCE	ZUMBA GOLD	MINDFUL MOVEMENT	BODY PUMP <small>COVER</small>	BODY BALANCE	
4.30PM		STRETCH & ALIGN					
6.00PM				BODY PUMP			
6.30PM	MAT PILATES	BODY STEP <small>COVER</small>					
7.30PM	BODY BALANCE <small>COVER</small>	BODY BALANCE <small>COVER</small>		YOGA			
7.45PM			MAT PILATES <small>COVER</small>				

 Available to Active Adults Members

 Classes flagged for low participation

 COVER Class is a temporary replacement

\*Classes may be subject to change

**Leisureworks**  
Aquatic and Recreation Centre

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FROM  
FEBRUARY 9 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>GYM FLOOR</b>	6.00AM	FUNCTIONAL		FUNCTIONAL		FUNCTIONAL		
	8.30AM						FUNCTIONAL	
	9.00AM	GROUP EXERCISE PHYSIOLOGY					FUNCTIONAL	
	9.30AM			GROUP EXERCISE PHYSIOLOGY		GROUP EXERCISE PHYSIOLOGY		
	10.00AM							
	11.30AM					SENIOR STRENGTH		
	12.00PM	GROUP EXERCISE PHYSIOLOGY		SENIOR STRENGTH <small>NEW</small>				
	4.30PM							
	5.30PM			FUNCTIONAL	BOXING <small>NEW</small>	TEEN GYM <small>NEW</small>		
	6.00PM	FUNCTIONAL		FUNCTIONAL				
	6.15PM							

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 Classes flagged for low participation.

 Available to Active Adults Members

 Available to EP Members Only

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FROM  
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AQUA</b>	7.00AM	AQUACISE		AQUACISE		AQUACISE	AQUACISE
	8.00AM	AQUACISE	GENTLE AQUA	AQUACISE	GENTLE AQUA	AQUACISE	AQUACISE
	9.00AM	AQUACISE	AQUACISE	AQUACISE	DEEP WATER RUNNING	AQUACISE	
	10.00AM	AQUACISE	DEEP WATER RUNNING	AQUACISE		AQUACISE	
	11.15AM	AQUA FLOW				GENTLE AQUA	
	2.00PM			GROUP EXERCISE PHYSIOLOGY			
	6.30PM	DEEP WATER RUNNING 		AQUACISE	GENTLE AQUA		
	7.30PM	AQUA ZUMBA 					

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Please note- for Deep Water Running you must be able to swim

 Classes held in Warm Water Pool

 Available to EP Members Only

 Classes flagged for low participation.

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FROM  
FEBRUARY 9 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REFORMER STUDIO	6.00AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
	7.00AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
	7.30AM						REFORMER	
	8.00AM					CLINICAL REFORMER		
	8.30AM		REFORMER TRIAL CIRCUIT				REFORMER	REFORMER
	9.30AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER
	10.30AM	REFORMER	REFORMER	REFORMER NEW	REFORMER	REFORMER NEW		REFORMER
	4.30PM	REFORMER		CLINICAL REFORMER	REFORMER	REFORMER		
	5.30PM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
	6.30PM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
	7.30PM	REFORMER		REFORMER NEW				

 Available to EP Members Only

 Classes flagged for low participation.

 Trialing a new style of class for 4 weeks

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