









Book your class online at
fleurieuaquaticcentre.com.au

CLASS	DESCRIPTION	DURATION	INTENSITY	BURN RATE	EQUIPMENT	RESULT
LES MILLS BODYBALANCE	Inspired by yoga, tai chi and pilates; leaving you strong, calm and centered.	45 Minutes	Low to Moderate	Up to 410 calories	BYO yoga mat	Improves joint flexibility, tones and shapes, enhances mental well-being
LES MILLS BODYPUMP	Weight-based resistance training for a total body workout	45 Minutes	Moderate to High	Up to 480 calories	Barbell, plates and steps	Increased strength and endurance, tones and shapes
 Body Blitz	This combination class offers a variety of fitness styles and works on core, cardio and strength. Outdoor training in day light saving hours.	55 Minutes	Moderate	Up to 350 calories	Variety of equipment (steps, balls, hand weights, skipping ropes)	Cardio, strength and core training
 HIIT	High intensity interval training in a circuit format with cardio and strength exercises.	45 Minutes	High	Up to 450 calories	Variety of equipment (steps, balls, hand weights, skipping ropes)	Cardio and endurance fitness
 Pilates	A series of non-impact exercises for balance, flexibility and posture.	55 Minutes	Low	Up to 350 calories	Mats, bolster, balls	Improved posture, flexibility and mindfulness
 Aqua Fit	Water resistance training; low-impact aerobic exercise. Gentle classes are lower intensity and great for beginners, pre and post pregnancy and seniors.	45 Minutes	Low to Moderate	Up to 410 calories	Aqua dumbbells, noodles, webbed gloves and aqua belts	Improved strength, flexibility and muscle endurance
 Aqua Circuit	A station formatted workout incorporating different movements using a variety of equipment in the pool. Often each station is timed based but with simple moves done repetitively. A great all over workout and suitable for all fitness levels.	45 Minutes	Low to Moderate	Up to 410 calories	Noodles, water dumbbells and kick boards	Improved strength and muscle endurance
 Up & Active Outdoors	An outdoor training class incorporating all your favourite bootcamp activities. Activities incorporating use of ropes, tyres, dumbbells, and medicine balls to give a great cardio and endurance strength work out.	45 Minutes	Moderate to High	Up to 550 calories	Battle ropes, sandbags, tyres and medicine balls	Cardio and strength and endurance training
 Better Balance	A program that helps with some of the issues relating to balance as we age. It addresses gait issues, vestibular issues and works to improve confidence, so that if you trip or slip you may be able to save yourself.	45 Minutes	Low	Up to 280 calories	Chairs, balls, steps and gym sticks	Improved balance and muscular strength
 STRENGTH for life 50+	Supervised strength training program designed for those 50Y+	45 Minutes	Low	Up to 280 calories	Resistance equipment	Increased strength and coordination, meet new friends

PARTICIPATION REQUIREMENTS

- Please obtain a ticket for all classes from Customer Service prior to class commencement
- Bring a towel and drink bottle to all classes

ACTIVE ADULTS 60Y+

Active Adults members have access to Strength for Life, Aqua Fit, Pilates and Better Balance.

ACTIVE YOUTH 13Y – 15Y

Active Youth members have access to all classes except HIIT and Body Pump.

OPENING HOURS

Monday to Thursday : 6am - 8pm
 Friday : 6am - 7pm
 Weekends : 8am - 5pm
 Public Holidays : 8am - 5pm

GROUP FITNESS TIMETABLE



























Starting 21 October 2018



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Fleurieu
 Aquatic Centre

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15am			LES MILLS BODYBALANCE	LES MILLS BODYPUMP	 Up & Active* Outdoors	
8.00am	 Aqua Fit (Gentle)					
8.30am	 STRENGTH for life 50+	 STRENGTH for life 50+	 STRENGTH for life 50+		 STRENGTH for life 50+	
9.00am				 Aqua Fit (Gentle)		
9.30am					 Aqua Fit	 Aqua Fit
10.00am			 Aqua Fit	 STRENGTH for life 50+		
10.30am	 Aqua Fit	 Aqua Fit (Gentle)			 HIIT	
11.00am		 STRENGTH for life 50+	 STRENGTH for life 50+			
11.30am					 Pilates	
11.45am	 Pilates					
2.00pm		 Aqua Circuit (Gentle)				
3.00pm			 Better Balance	 STRENGTH for life 50+	 Better Balance	
5.45pm			 Pilates			
6.00pm	 Body Blitz	LES MILLS BODYPUMP		 Pilates		
7.00pm		LES MILLS BODYBALANCE	 Aqua Fit			

*Class will run from 12th October 2017 to 26th April 2019