

GROUP FITNESS TIMETABLE

CLASS	DESCRIPTION	DURATION	INTENSITY
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
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
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
HIIT	High intensity interval training in a circuit format with cardio and strength exercises.	45 Minutes	High
Strength for Life	Supervised strength, flexibility and balance program designed for those 50Y+	55 Minutes	Low
Pilates	A series of non-impact exercises for balance, flexibility and posture.	55 Minutes	Low
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
Body Balance	Inspired by yoga, tai chi and pilates; leaving you strong, calm and centered.	45 Minutes	Low to Moderate
Body Pump	Weight-based resistance training for a total body workout.	45 Minutes	Moderate to High

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

Book your class online at
fleurieuaquaticcentre.com.au



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.15am			LES MILLS BODYBALANCE	LES MILLS BODYPUMP	
8.00am	Aqua Fit (Gentle)				
8.30am	STRENGTH for life 50+	STRENGTH for life 50+			STRENGTH for life 50+
9.00am				Aqua Fit (Gentle)	
9.30am					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		

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

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