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|  FITBALL | Fit Ball is a 30-minute class where you perform exercises on a large inflatable ball. The exercises challenge your muscles, helping to strengthen and build up the core muscles of your body, such as the abdominals, back, buttocks & thighs. |
|  LES MILLS sprint | LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training. |
| Power uP  | Power uP is a 45-minute strength circuit class focusing on big compound movements with the addition of strength endurance exercises to elevate your heart rate. If strength is your aim, then Power uP is your game |
| BODY SCULPT | BODY SCULPT focuses on upper body after cooking your legs in Sprint, involves performing a series of repetitive exercises using your body weight and resistance bands, barbells and dumbbells |
| BODY BURN  | BODY BURN is a 45 min circuit designed class to improve your fitness with targeting one muscle on each station, so you feel the burn. A great mix of abs, butt, thighs, shoulders, includes some cardio and band work. |
|  | Cardio Aqua is a low impact cardio 45-minute class with upbeat music in chest height water using water as resistance as well as equipment like foam dumbbells and noodles that gets the heart pumping. |
|  | DEEP WATER AQUA involves the performance of movement while suspended in water wearing a buoyancy belt, resulting in a non-impact, high-resistant, total body exercise workout. Benefits of this method include less stress on the back, hips, knees and ankles. great core workout and recommended for runners. |
|  | GENTLE AQUA uses the heated water of the leisure pool as it is relaxing for muscles and joints, making moving them easier and more comfortable. The buoyancy of water also reduces the load on the joints. This class provides fun equipment and socialising that you hardly realise you are working out. |
|  | AQUA BOOTCAMP – a 45 min circuit style class to upbeat music in the warm leisure pool, perfect for the cooler mornings. Low impact but high energy. It can be used as active recovery or an intense workout, it's up to you how much you put in. |
| NIFTY 50'S | NIFTY FIFTY'S class is a combination of functional exercises, strength training and light cardiovascular exercises designed for 50 plus. |
|  | COTA STRENGTH FOR LIFE Strength training for seniors under the qualified instruction of a specially trained instructor. Note: this class requires prior registration. Please see front office for details. |
| Ripped  | Resistance, Intervals, Power, Plyometrics, Endurance & Done. Cardio & all over strength all in one. |
| Total Tone | TOTAL TONE is designed to tone every part of your body whilst working on your mind and muscle connection. With separate exercises designed to target the lower body, upper body and core. |
| Teen Time | TEEN TIME is a supervised 90 mins for teens aged 12 up to and including 16 years of age. All teen timers must have a program with an instructor before commencing in the gym. |
|  | A high energy indoor BOOTCAMP to fire up your metabolism and get your blood pumping. Body weight exercises, cardio intervals, equipment and team games. |
|  CARDIO & CORE | This is a fast-paced 30-minute workout that combines core training with a variety of cardiovascular drills. With a high cardio demand, the core will be forced to work that much harder. |
| SUPERSESSION | A super charged session to get your blood pumping and start your weekend with a big calorie burn. |
| Low Impact High Intensity | Low impact high intensity A 45-minute combination of circuit, interval and resistance training using a variety of equipment and bodyweight exercises. Choose your own intensity and modifications as needed- although we certainly provide the opportunity to work hard. |
| PACK A PUNCH  | PACK A PUNCH is a 30 minute fast paced boxing blast. Sharpen your technique, boost your stamina and fire up your full body. You will work through high energy drills & killer combinations. No experience needed just bring your A game |



From April 28th 2025 (Term 2)

Group Fitness Timetable


























Opening Times

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|---|-----------|
| Monday – Thursday | 6am – 8pm |
| Friday | 6am - 7pm |
| Saturday and Sunday | 8am – 3pm |
| PUBLIC HOLIDAYS (except Anzac Day 12 – 5pm) | 8am - 1pm |



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Barossarfc.com.au

- Teen timers can participate in those classes marked with *****
- For classes to commence on time **please arrive 10 minutes** before class.
- **YOU MUST BOOK for bike classes and Aqua classes held in the leisure pool**
- Classes may change without prior notice. Insufficient numbers may result in a class being removed from the timetable.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------|---|--|---|---|--|---|
| 6.15am |  Lynda – Studio (30) MUST BOOK (23) |  Kobi – court 1 (45) |  CARDIO & CORE Kobi -court 1 (30) | Power uP  Shannon - court 1 (45) |  Shannon - court 1 (45) | SUPERSESSION 8:15am Lisa / Shannon – court 1 (45) |
| 9.15am |  SPIN HIIT* Emma – Studio (30) | Total Tone Keely – court 1 (45) |  Lynda – Studio (30) MUST BOOK (23) | Ripped  Mikayla –court 2 (45) | Low Impact High Intensity * Keely court 1 (45) | |
| 10.00am |  FITBALL * Emma - MPR 4,5,6 (30) | | BODY SCULPT Kobi – MPR 4,5,6 (30) | | | |
| 10:15am | | NIFTY 50'S Keely – court 1 (60) | | NIFTY 50'S Mikayla – court 2 (60) | | |
| 10.30am |  STRENGTH for life 50+ Mikayla – gym (60) | |  STRENGTH for life 50+ Kobi– gym (60) | |  STRENGTH for life 50+ Lisa - gym (60) | |
| 3.30pm | Teen Time* Lucy – Gym (90) | Teen Time* Lisa - Gym (90) | Teen Time* Lisa – Gym (90) | Teen Time* Mikayla – Gym (90) | Teen Time* Mikayla – Gym (90) | |
| 5.15pm |  Lynda – Studio (30) MUST BOOK (23) | PACK A PUNCH  Lisa – creche (30) | | BODY BURN  Mikayla – MPR 5,6 (45) |  CARDIO & CORE * Mikayla -court 1 (30) | |
| | | | AQUA | | | |
| 6.30am | | CARDIO AQUA*(45)  Lisa – leisure pool MUST BOOK (18) | |  AQUA BOOTCAMP Lisa - leisure pool MUST BOOK (18) | | |
| 8.30am | CARDIO AQUA*(45)  Lisa – lap pool | | DEEP WATER*(45)  Lisa– lap pool | | DEEP WATER*(45)  Lisa – lap pool | |
| 9:15am or 11:45am | GENTLE AQUA*(45)  Lisa – leisure pool MUST BOOK (18) | | GENTLE AQUA*(45)  Lisa – leisure pool MUST BOOK (18) | | GENTLE AQUA*(45) Lisa – leisure pool MUST BOOK (18) 9:15am, 11:45am & 12:45pm | |
| 6.30pm | CARDIO AQUA*(45)  Honoria - leisure pool MUST BOOK (18) | | | CARDIO AQUA*(45)  Honoria – leisure pool MUST BOOK (18) | | |