









 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
LES MILLS BODYPUMP 	Les Mills BODYPUMP is a scientifically backed workout that not only helps in building strength and endurance but also promotes overall health and well-being. Whether you are a beginner or an experienced fitness enthusiast, BODYPUMP offers a challenging and rewarding workout experience that can fit into any fitness routine.
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.
	Zumba is a popular fitness program that offers a unique blend of dance and aerobic exercises. Each class is designed to provide a full-body workout while keeping participants engaged and entertained. The format typically includes a warm-up, followed by a series of dance routines set to upbeat music, and concludes with a cool-down period.
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 June 30th 2025

Group Fitness Timetable




























Opening Times

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)	 Lisa – court 3 (45)	 CARDIO & CORE Lisa-court 3 (45)	Power uP  Shannon - court 1 (45)	 Shannon - court 1 (45)	SUPERSESSION 8:15am Lisa / Shannon – court 1 (45)
9.15am	 Emma – Studio (30)	Total Tone Keely – court 1 (45)	 Lynda – Studio (30) MUST BOOK (23)	 Maria –court 2 (45)	Low Impact High Intensity * Keely court 1 (45)	
10.00am	 FITBALL * Emma - MPR 5,6 (30)		 LES MILLS BODYPUMP Lynda – MPR (30)			
10:15am		NIFTY 50'S Keely – court 1 (60)		NIFTY 50'S Maria– court 2 (60)		
10.30am	 Mikayla – gym (60)		 Lisa– gym (60)		 Lisa - gym (60)	
3.30pm	Teen Time* Lucy – Gym (90)	Teen Time* Maria - Gym (90)	Teen Time* Maria– Gym (90)	Teen Time* Maria – Gym (90)	Teen Time* Mikayla – Gym (90)	
5.15pm	 Lynda – Studio (30) MUST BOOK (23)	PACK A PUNCH  Lisa – MPR 5,6 (30)	 CARDIO & CORE * Maria –MPR 5,6 (30)	BODY BURN  Maria – MPR 5,6 (45)		
			AQUA			
6.30am		CARDIO AQUA*(45)  Honoria/ Caitlyn – leisure pool MUST BOOK (18)		 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)	
6.30pm	CARDIO AQUA*(45)  Honoria - leisure pool MUST BOOK (18)			CARDIO AQUA*(45)  Honoria – leisure pool MUST BOOK (18)		

