

 <b>FITBALL *</b>	<b>Fit Ball</b> 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.
 <b>LES MILLS RPM</b>	<b>LES MILLS RPM</b> is a world-leading, cardio peak cycle workout using simulated climbs and sprints to burn calories and improve cardio fitness. It's fun, low impact and can burn up to 500 calories a session.
 <b>Powerup</b>	<b>Powerup</b> 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 <b>Powerup</b> is your game.
<b>BODY BURN</b>	<b>BODY BURN</b> 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.
 *	<b>Cardio Aqua</b> 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.
 *	<b>DEEP WATER AQUA</b> 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.
 *	<b>GENTLE AQUA</b> 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.
 *	<b>AQUA BOOTCAMP</b> – 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.
<b>NIFTY 50'S</b>	<b>NIFTY FIFTY'S</b> class is a combination of functional exercises, strength training and light cardiovascular exercises designed for 50 plus.
 *	<b>COTA STRENGTH FOR LIFE</b> 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.
<b>RIPPED</b>	<b>RIPPED</b> is a full-body strength and conditioning class designed to build lean muscle, increase strength, and improve overall muscle tone. Using a mix of weights, bodyweight exercises, and timed intervals, this class targets all major muscle groups while keeping your heart rate up.
<b>Teen Time *</b>	<b>TEEN TIME</b> 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.
 <b>BOOTCAMP *</b>	A high energy indoor <b>BOOTCAMP</b> to fire up your metabolism and get your blood pumping with a variety of body weight exercises, machines, equipment, cardio and strength to challenge you.
<b>CARDIO &amp; CORE</b> 	This is a fast-paced 45-minute workout that combines core training with a variety of cardiovascular drills. With high cardio demand, the core will be forced to work that much harder.
<b>SUPERSESSION</b>	A <b>super charged</b> session to get your blood pumping and start your weekend with a big calorie burn.
<b>Low Impact High Intensity *</b>	<b>Low impact high intensity</b> 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.
<b>Functional training *</b>	Get ready to move, lift and feel powerful! <b>Functional Training</b> trains you for real life—using dynamic, everyday movements that build strength, balance and confidence. Every class is high-energy, scalable for all levels, and designed to help you move better and feel unstoppable in and out of the gym.
<b>Bodysculpt*</b>	Shape, tone, and strengthen from head to toe! <b>Body Sculpt</b> is a dynamic, equipment-based workout designed to build lean muscle, boost metabolism, and define your entire body.
<b>MAT PILATES</b>	A low-impact, full-body workout designed to lengthen, strengthen, and stabilise. This class focuses on core control, posture, breath, and mobility using classic Pilates movements. Ideal for beginners through experienced participants.



For JANUARY starting 5<sup>TH</sup> 2026

## 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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- 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	 <b>CARDIO &amp; CORE</b> Mikayla - court 3 (45)	 * Mikayla / Lisa - court 3 (45)	 * Liz - Studio (45) <b>MUST BOOK (20)</b>	<b>PoweruP</b>  Shannon - court 1 (45)	 * Shannon - court 1 (45)	<b>SUPERSESSION</b> 8:15am Shannon / Lisa - court 1 (45)
	<u><a href="#">Holiday Teen Time</a></u> * <u>7am – 8am</u> Mikayla - Gym (60)	<u><a href="#">Holiday Teen Time</a></u> * <u>10am – 11:30am</u> Lisa - Gym (90)	<u><a href="#">Holiday Teen Time</a></u> * <u>7am – 8am</u> Lisa - Gym (60)	<u><a href="#">Holiday Teen Time</a></u> * <u>10am – 11:30am</u> Lisa - Gym (90)		
9.15am	 <b>FITBALL</b> * (30) Mikayla - MPR 5,6	 <b>RIPPED</b> Mikayla - court 1 (45)	 <b>MAT PILATES</b> * Liz - MPR 4,5,6 (45) <b>COMMENCES 21/1</b>	 <b>Bodysculpt</b> * Campbell - court 2 (45)	 <b>Low Impact High Intensity</b> * Danielle - court 1 (45)	
10:15am		<b>NIFTY 50'S</b> Mikayla - court 1 (45)		<b>NIFTY 50'S</b> Campbell - court 2 (45)		
10.30am	 <b>STRENGTH for life 50+</b> Mikayla - gym (60)		 <b>STRENGTH for life 50+</b> Mikayla / Lisa - gym (60)		 <b>STRENGTH for life 50+</b> Lisa - gym (60)	
3.30pm	<u><a href="#">Teen Time</a></u> * Lisa - Gym (90)	<u><a href="#">Teen Time</a></u> * Campbell - Gym (90)	<u><a href="#">Teen Time</a></u> * Mikayla - Gym (90)	<u><a href="#">Teen Time</a></u> * Campbell - Gym (90)	<u><a href="#">Teen Time</a></u> * Lisa - Gym (90)	
5.15pm	 * Liz - Studio (45) <b>MUST BOOK (20)</b>	 <b>FUNCTIONAL</b> Training Campbell - MPR 5,6 (45)	 <b>BODY BURN</b> Mikayla - MPR 5,6 (45)	 * <b>CARDIO &amp; CORE</b> Campbell - MPR 5,6 (45)		
			<b>AQUA</b>			
6.30am		<b>CARDIO AQUA</b> *  Lisa / Honoria - leisure pool (45) <b>MUST BOOK (18)</b>		<b>AQUA BOOTCAMP</b> *  Lisa - leisure pool (45) <b>MUST BOOK (18)</b>		
8.30am	<b>CARDIO AQUA</b> *  Lisa - lap pool (45)		<b>DEEP WATER</b> *  Lisa - lap pool (45)		<b>DEEP WATER</b> *  Lisa - lap pool (45)	
9:15am or 11:45am	<b>GENTLE AQUA</b> *  Lisa - leisure pool (45) <b>MUST BOOK (18)</b>		<b>GENTLE AQUA</b> *  Lisa - leisure pool (45) <b>MUST BOOK (18)</b>		<b>GENTLE AQUA</b> *  Lisa - leisure pool (45) <b>MUST BOOK (18)</b>	
6.30pm	<b>CARDIO AQUA</b> *  Lisa / Honoria - leisure pool (45) <b>MUST BOOK (18)</b>			<b>CARDIO AQUA</b> *  Lisa / Honoria - leisure pool (45) <b>MUST BOOK (18)</b>		

