FITBALL *	Fit Ball is a 45-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 SHAPES	LES MILLS SHAPES combines Pilates, barre, and power yoga into a single, dynamic workout designed to improve strength, flexibility, and alignment while being low impact on the joints. The program emphasizes small, controlled movements, pulses, and holds to target specific muscle groups, making it effective for toning and sculpting the body without heavy lifting. Each session is set to modern, motivating music that drives energy and pace
PoweruP	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
BODYBURN	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. Capped 18
AQUA BOOTCAMP *	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.
STRENGTH for life 50+	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.
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.
BOOTCAMP *	A high energy indoor BOOTCAMP 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.
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.
Functional training *	Get ready to move, lift, and feel powerful! Functional Training trains you for real life—using dynamic, everyday movements that build strength, balance and confidence. Every class is scalable for all levels and designed to help you move better and feel unstoppable in and out of the gym.
Bodysculpt*	Shape, tone, and strengthen from head to toe! Body Sculpt is a dynamic, equipment-based workout designed to build lean muscle, boost metabolism, and define your entire body.
MAT PILATES	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.
LESMILLS BODYPUMP	is a program that combines weight training with high repetitions and motivating music to deliver a full-body workout. It is designed to strengthen and tone all major muscle groups, improve core stability, and enhance overall fitness while burning calories efficiently. The program is suitable for all fitness levels, with options to adjust weights and intensity according to individual ability.
LES MILLS BODYCOMBAT	Body Combat is a martial arts-inspired cardio workout in a non-contact format, with instructors providing modifications and options to suit beginners through advanced participants

the Rex
Barossa Aquatic Fitness

From October 26th 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

Barossa Aquatic Fitness Centre
Magnolia Road, Tanunda 5352
PH: 8563 2766
barossarec@belgravialeisure.com.au
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 Pilates & Aqua classes run only 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	**CARDIO & CORE** Lachie - court 1 (45)	BOOTCAMP * 	LesMILLS BODYPUMP Kyra – court 1 (45)	PoweruP Shannon - court 1 (45)	BOOTCAMP * 	**SUPERSESSION** 8:15am court 1 (45)
9.15am	FITBALL * (45) Sophie - MPR 4,5,6	*ripped* Mieka – court 1 (45)	MAT PILATES * Bree – MPR 4,5,6 (45) MUST BOOK (25)	Bodysculpt * Sophie – court 2 (45)	Low Impact High Intensity * Sophie court 1 (45)	
10:15am		NIFTY 50'S Mieka – court 1 (45)		NIFTY 50'S Sophie - court 2 (45)		
10.30am	STRENGTH for life 50+ Mieka – gym (60)		STRENGTH for life 50+ Mieka – gym (60)		STRENGTH for life 50+ Lisa -- gym (60)	
3.30pm	Teen Time * Sophie - Gym (90)	Teen Time * Campbell - Gym (90)	Teen Time * Campbell - Gym (90)	Teen Time * Sophie – Gym (90)	Teen Time * Lachie- Gym (90)	
5.15pm	LES MILLS SHAPES Kyra - MPR 4,5,6 (45)	FUNCTIONAL Training Campbell– MPR 4,5,6 (45)	BODY BURN Campbell – MPR 4,5,6 (45)	LesMILLS BODYCOMBAT Kyra - MPR 4,5,6 (45)		
			AQUA			
6.30am		CARDIO AQUA * Honoria– leisure pool (45) MUST BOOK (18)		AQUA BOOTCAMP * Lisa - leisure pool (45) MUST BOOK (18)		
8.30am	CARDIO AQUA * Lisa – lap pool (45)		DEEP WATER * Lisa – lap pool (45)		DEEP WATER * Lisa – lap pool (45)	
9:15am or 11:45am	GENTLE AQUA * Lisa – leisure pool (45) MUST BOOK (18)		GENTLE AQUA * Lisa – leisure pool (45) MUST BOOK (18)		GENTLE AQUA * Lisa – leisure pool (45) MUST BOOK (18)	
6.30pm	CARDIO AQUA * Honoria - leisure pool (45) MUST BOOK (18)			CARDIO AQUA * Honoria - leisure pool (45) MUST BOOK (18)		