

# GROUP FITNESS CLASSES

## TIMETABLE

Effective:  
1<sup>ST</sup> MAY 2025

	TIME	MON	TUES	WED	THURS	FRI	SAT
EARLY MORNING SESSIONS	5:15AM	BODY PUMP 50 min	CORE 45 min	POWER PILATES 45 min	BODY ATTACK 45 min	GRIT CARDIO 30 min	SEE TIMES BELOW WEEKEND CLASS
			TOTAL TONE 45 min	RPM 45 min		RPM 45 min	
MORNING SESSIONS	7:00AM						GRIT CARDIO 7:00am
	8:00AM				YOGA 45 min		RPM 8:00am
	8:15AM	CORE 30 min	TOTAL TONE 45 min			GRIT STRENGTH 30 min	BODY PUMP 8:00am
	9:00AM	BODY COMBAT 45 min	BODY PUMP 45 min	RPM 45 min	BODY PUMP 45 min	BODY COMBAT 45 min	DANCE 9:00am
		SPRINT 30 min		GRIT STRENGTH 30 min		RPM 45 min	SUN
	10:00AM	PILATES 45 mins	CIRCUIT 45 min	STEP 45 min	STRETCH & RESTORE 45 min	LOW IMPACT CIRCUIT 45 min	YOGA 8:00am
	11:00AM	PRIME MOVERS 45 min	LOW IMPACT CIRCUIT 45 min	PRIME MOVERS 45 min	LOW IMPACT CIRCUIT 45 min	PILATES 45 min	
				PILATES 45 min			
EVENING SESSIONS	5:00PM	POWER PILATES 45 min	DANCE 45 min	BODY PUMP 50 min	DANCE 45 min		
	5:15PM		SPRINT 30 min	TOTAL TONE 45 min	SPRINT 30 min		
	6:00PM	GRIT STRENGTH 30 min	GRIT STRENGTH 30 min	BODY ATTACK 45 min	BODY COMBAT 45 min	YOGA 60 min	
					BOOTCAMP 50 min		
	7:00PM	STRETCH & STRENGTH 45 min	PILATES 45 min	YOGA 60 min			

Book now through Active World!  
Classes are available to book 5 days in advance

Consulting your physician prior to participating in any group fitness program is highly recommended.

Albany Creek Leisure Centre reserves the right to amend the above timetable at any time without prior notice and in line with current government restrictions.

OUR TIMETABLES  
ARE ALSO ONLINE!

SCAN ME 



# GROUP FITNESS CLASSES

## DESCRIPTIONS

### **BODYATTACK™**

BodyAttack™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A Les Mills™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, leaving you with a sense of achievement.

### **BODYPUMP™**

BodyPump™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BodyPump™ gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

### **BODYCOMBAT™**

Step into a BodyCombat™ workout and you'll punch and kick your way to fitness. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. A Les Mills™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

### **CORE™**

Exercising muscles around the core, Core™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favourite sports - it's the glue that holds everything together. All the moves in Core™ have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout, instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

### **RPM™**

RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and burns loads of calories. RPM™ is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

### **GRIT™ STRENGTH OR GRIT™ CARDIO**

Les Mills Grit™ series is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Available as Grit™ Strength or Grit™ Cardio this workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. Les Mills Grit™ series takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

### **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 where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort.

### **PRIME MOVERS**

A gentle, fully supervised, physical activity. Suitable for anyone who hasn't done exercise for a while. Safe for people with health conditions, like heart disease, diabetes and bone/joint problems.

### **LOW IMPACT CIRCUIT**

Designed to get you moving through an assortment of low impact training and body or light weight exercises. These low impact classes are designed for any age and are perfect for working at your own pace.

### **STRETCH & STRENGTH**

Is a combination of safe body control, core strength, improving motor control flexibility and overall toning.

### **STRETCH & RESTORE**

Release muscle tension, improve mobility and increase flexibility in this restorative stretch class. This slower paced mobility focused session is designed to open your joints, lengthen muscles and leave your body feeling revitalised. Includes standing and floor work. All levels welcome.

### **STEP**

Using the height-adjustable step platform, you'll move your way through different choreography combinations to upbeat, fun music. This energising class promises to give you a fantastic cardiovascular workout.

### **DANCE**

An interval session with fast and slow rhythms, which is intended to tone and sculpt the body while burning fat. Music is the ingredient to Dance, following styles like Cumbia, Salsa, Mambo, Belly Dancing and loads more flavoured dances.

### **PILATES**

This type of exercise uses coordinated breath and movement to strengthen and stretch the body. It focuses on core strength and posture. Chronic back pain & other debilitating physical ailments will decrease as your range of motion and mobility improves. Re-align your posture with a focus on strength & toning.

### **POWER PILATES**

Power Pilates is a more advanced Pilates class for those wanting to take it to the next level. A whole-body workout where your arms, legs, abdominals, back and buttocks will feel and see the benefits.

### **BOOT CAMP**

Have fun, get fit and learn new skills whilst trying a number of different fitness mediums inside & outside in true Boot Camp style!

### **BOXING**

An empowering workout combining principles, skills and drills from boxing and martial arts, great for relieving stress and improving fitness.

### **CIRCUIT**

Is the most efficient total-body workout in the world! This total-body circuit includes high intensity, calorie blasting intervals along with functional strength and sculpting station, designed to target and chisel the legs, the core and the arms.

### **TOTAL TONE**

An epic 45-minute ride that mixes on-the-bike and off-the-bike exercises for the ultimate cardio and toning workout. Proven to calorie burn!

### **YOGA**

A workout for the mind, body and soul. A class with strong focus on safe alignment. Caters to people of all abilities.