

# GROUP EXERCISE CLASSES

## TIMETABLE

EFFECTIVE FROM  
5<sup>th</sup> MAY 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATIC & LAND	7:00am		Low Intensity RPM ACLC			Low Intensity RPM ACLC		
	8:30am	Aqua For All LAWNTON		Aqua Blast LAWNTON			Aqua For All LAWNTON	
	10:00am	Swim Fit FERNY				Swim Fit FERNY		
	12:00pm			Soft Circuit ACLC	Chair Class ACLC	Chair Class ACLC		
	12:30pm	Aqua Blast LAWNTON		Aqua Blast LAWNTON	Aqua For All LAWNTON	Aqua Blast LAWNTON		
	1:00pm	Aqua Stretch & Strength FERNY	Tai Chi ACLC	Aqua Stretch & Strength FERNY	Tai Chi ACLC	Aqua For All FERNY		

### LAWNTON

#### AQUATIC CENTRE

Cnr Gympie Rd & Lawnton  
Pocket Rd, Lawnton

### FERNY HILLS

#### AQUATIC CENTRE

66 Ferny Way, Ferny Hills

Classes on this timetable are included in your membership / visit pass  
Aquatic classes outside of this timetable at Ferny Hills & Lawnton  
Aquatic Centres can be purchased at these venues.

### NEED HELP?

Contact our direct line  
(07) 3264 9900

All classes are 45 minutes in duration  
Book through Active World App Five (5) days in advance

Please take note of location for your class

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.

# GROUP EXERCISE CLASSES

## DESCRIPTIONS

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5<sup>th</sup> MAY 2026

### ACLC AQUATIC CLASSES HELD AT FERNY HILLS AND LAWNTON AQUATIC CENTRES

#### AQUA BLAST

Held in the pool – CHECK LOCATION

A high-energy water workout combining Tabata, intervals, EMOM and HIIT to build stamina, strength and muscle tone. Boost your heart rate while enjoying a fun, low-impact session suitable for all fitness levels.

#### AQUA FOR ALL

Held in the pool – CHECK LOCATION

A low-impact, easy-to-follow workout designed for all abilities. Improve strength, cardiovascular fitness and flexibility while moving to upbeat music in a supportive group environment.

#### AQUA ZUMBA

Held in the pool – CHECK LOCATION

The Zumba® “pool party” that blends dance and aqua fitness into a fun, energising workout. Enjoy a mix of cardio and toning movements in a safe, water-based class full of energy.

#### AQUA STRETCH AND STRENGTH

Held in the pool – CHECK LOCATION

A gentle water-based class using natural resistance to build strength and improve flexibility. Release tension and move through a range of exercises in a relaxing, heated pool environment.

#### SWIM FIT

Held in the pool – CHECK LOCATION

A 45-minute session designed to improve fitness, technique and performance. Suitable for all levels, with tailored programs and coaching support to help you reach your swimming goals.

### AQUA LAND LOW INTENSITY CLASSES AT ACLC

#### LOW INTENSITY RPM

Held in the cycle room.

A low-impact indoor cycling class to gently build fitness and endurance. Enjoy smooth flats, light climbs and easy intervals at a comfortable pace with motivating music—ideal for beginners, those returning from injury, or anyone wanting a lighter ride.

#### SOFT CIRCUIT

Held in the Group Fitness room.

A gentle, low-impact workout for older adults using simple exercise stations to improve strength, balance and mobility. Guided by an Exercise Physiologist, you can move at your own pace in a supportive environment.

#### CHAIR CLASS

Held in the Group Fitness room.

A gentle class using a chair for support to build strength, balance and mobility. Led by an Exercise Physiologist, it's perfect for beginners, older adults, or anyone needing a safe, low-impact workout.

#### TAI CHI

Held in the Group Fitness room.

A low-impact practice combining slow, flowing movements with deep breathing and mindfulness. Known as “meditation in motion,” it improves balance, strength, coordination and mental clarity, and suits all fitness levels.