

# GROUP EXERCISE CLASSES

## TIMETABLE

**EFFECTIVE FROM**  
**13<sup>th</sup> JULY 2026**

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

**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

**EFFECTIVE FROM**  
**13<sup>th</sup> JULY 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 CYCLE**

Low Intensity Cycle & Strength is a low-impact class designed to gently build fitness, strength and confidence. Enjoy smooth flats, light climbs and easy intervals at a comfortable pace, followed by accessible strength work to support mobility, stability and everyday movement. Ideal for beginners, those returning from injury or anyone wanting a lighter, more supportive workout.

#### **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.