

GROUP EXERCISE CLASSES

TIMETABLE

**EFFECTIVE FROM
24th AUGUST 2026**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	SATURDAY	SUNDAY
AQUATIC & LAND	7:00am		Low Intensity RPM ACLC				Low Intensity CYCLE ACLC		
	8:30am	Aqua For All LAWNTON		Aqua Blast LAWNTON				Aqua For All LAWNTON	
	10:00am	Swim Fit FERNY					Swim Fit FERNY		
	12:00pm			Fighting Fit ACLC	Chair Class ACLC		Chair Class ACLC		
	12:00pm	Aqua Blast ACLC		Aqua Blast ACLC	Aqua For All ACLC		Aqua Blast ACLC		
	1:00pm	Aqua Stretch & Strength ACLC	Chair Yoga ACLC	Aqua For All ACLC	Chair Yoga ACLC	Aqua Blast ACLC	Aqua Stretch & Strength ACLC		
	6:30pm		Aqua For All ACLC		Aqua Zumba 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

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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 – ACLC

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 – ACLC

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 ALBANY CREEK LEISURE CENTRE

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.

FIGHTING FIT

Held in the Group Fitness room.

A fun, low-intensity boxing fitness class using gloves and pads to improve strength, balance, coordination, and overall fitness. Suitable for all abilities, this supportive and social class is designed to keep you moving, active, and having fun.

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.

CHAIR YOGA

Held in the Group Fitness room.

A gentle, chair-based yoga class designed to improve flexibility, balance, strength, and mobility. Suitable for all fitness levels, Chair Yoga offers a safe and accessible way to move, stretch, and relax while supporting overall wellbeing. No floor work required.