

GROUP EXERCISE CLASSES

TIMETABLE

EFFECTIVE
6th OCTOBER 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATICS	7:00am		Aqua Blast	Deep Water		Deep Water	Aqua For All	
	8:00am						Aqua For All	
	9:00am		Deep Water	Aqua Zumba	Aqua For All	Deep Water		
	10:00am	Aqua Blast	Swim fit			Swim fit		
	12:00pm	Aqua Blast	Aqua Combo Shallow	Aqua Blast	Aqua For All	Aqua Blast		
	1:00pm	Aqua Stretch & Strength Indoor		Aqua Stretch & Strength Indoor		Aqua Stretch & Strength Indoor		
	2:00pm					Aqua Combo Shallow		
	6:15pm	Swim fit	Swim fit		Swim fit			
	6:30pm		Aqua For All Leisure	Aqua Boxing Leisure	Aqua Zumba Leisure			

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

- 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.

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DESCRIPTIONS

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AQUA BLAST

High-energy water workout using intervals, Tabata and HIIT.
Build stamina, strength and muscle tone while raising your heart rate.
Fun, challenging and suitable for a variety of fitness levels.

AQUA BOXING

An energetic mix of boxing and aqua aerobics.
Improve cardio fitness while toning the arms and upper body.
Fun, easy-to-follow and suitable for all ages and abilities.

AQUA FOR ALL

A low-impact, easy-to-follow workout for all abilities.
Improve cardiovascular fitness, tone muscles and increase flexibility.
Enjoy a motivating group environment with upbeat music.

AQUA SHALLOW

Shallow water classes designed for all fitness levels.
Improve aerobic fitness, muscle endurance and core strength.
Enhance balance and flexibility in a safe, low-impact setting.

DEEP WATER AQUA

A non-weight-bearing workout performed in deep water.
Build core strength, endurance, flexibility and muscle balance.
Promotes wellbeing while being gentle on joints.

AQUA STRETCH AND STRENGTH

A water-based workout focused on strength, flexibility and mobility.
Use natural resistance to build muscle and improve range of movement.
Relax and release tension in a heated pool environment.

AQUA COMBO

A full-body workout in a heated pool using dynamic movements and equipment.
Improve strength, mobility and cardiovascular fitness.
Low-impact, fun and suitable for all fitness levels.

AQUA BOOTCAMP

A higher-intensity, low-impact workout using water resistance and equipment.
Boost fitness, burn calories and increase strength.
A fun session designed to get your heart pumping.

AQUA ZUMBA

A fun, high-energy “pool party” workout inspired by Zumba®.
Combine dance, cardio and aqua fitness for a full-body workout.
Enjoy a safe, exhilarating class that tones and boosts fitness.

SWIM FIT

A 45-minute session designed to improve fitness, technique and performance.
Suitable for all levels, from beginner to advanced swimmers.
Receive personalised coaching to help achieve your swimming goals.