

GROUP FITNESS TIMETABLE

2025 PROGRAM



Opening Hours

OPENING TIMES	HEALTH CLUB	AQUATICS	CRECHE
MONDAY - FRIDAY	5:30am - 9pm	5:30am - 8:30pm	8:30am - 12noon
SATURDAY, SUNDAY & PUBLIC HOLIDAYS	7:30am - 6pm	7:30am - 7pm	8am - 12noon (Saturday Only)



PLEASE NOTE: Classes are subject to change without notice






























Phone: 9276 6538

Cnr Broun Ave & Priestley St, Embleton
www.bayswaterrecreation.com.au/waves



CLASS DESCRIPTIONS

LES MILLS BODYPUMP	Get lean, build strength and tone muscle with <i>Body Pump</i> , a science-backed barbell workout that trains all your major muscle groups.
LES MILLS BODYCOMBAT	Body Combat is a whole body workout that lets you punch and kick your way towards your fitness goals.
LES MILLS BODYBALANCE	Ideal for all fitness levels, Body Balance is a yoga-based class that will help improve your mind, your body and your life.
LES MILLS BODYATTACK	Body Attack is a high-energy fitness class that combines athletic movements including: running, lunging, jumping, push-ups, squats and more.
LES MILLS BODYJAM	Body Jam is an addictive fusion of the latest dance moves with the hottest sounds guaranteed to make you sweat while having a blast.
LES MILLS RPM	Ride to the rhythm of powerful music. Take on the terrain of hills, flats, intervals and more.
ZUMBA	Is it a dance party? Is it a workout? No... It's Zumba! This original classic will get you burning calories to Latin music and dance moves.
metafit	A 30min high intensity, interval training class guaranteed to hit your fitness goals.
step	Step around a raised platform to boost your heart rate, breathing and muscular strength.
HIIT	HIIT combines bursts of intense exercise with short breaks for rapid cardio fitness.
SPIN	Similar to Les Mills RPM with unique twists and playlists from our instructors!
YOGA	Yoga helps you cultivate your physical, emotional, mental and social wellbeing through breathing, posture movements and meditation.
PILATES	This class focuses on maintaining alignment, joint stabilization, creates a balanced muscular tone by consciously improving posture, flexibility and developing core strength.
AQUA	An all round aquatic workout, great for all levels and works on core stability & resistance.
SILVER SNEAKERS	A great class for older adults, increase your strength, flexibility, bone density and fitness.
AQUANAUTS	A fun, shallow water full body workout combining cardio with equipment. Suitable for all ages and fitness levels.
MINDFUL MOVEMENT	Combining Yoga, Pilates, Tai Chi and Qigong, MM increases movement and alignment. Mindful Movement will be covered by Yoga in the absence of a MM Instructor.
Stretch	This 60 minute class is designed to improve your flexibility and mobility, as well as stretch and relieve your muscles.
Step/ABT	Combining compound and isolation movement targeting the core, legs and butt area.
Trampoline	A 30 min cardio workout which will stimulate your lymphatic system and improve balance.
Triple 15	A workout which includes upper and lower body, core and cardio in 3x 15 min sessions.

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am		Triple 15	<i>LES MILLS</i> RPM 	<i>LES MILLS</i> BODYPUMP	<i>LES MILLS</i> RPM 	*Class to take place in the Circuit Room	
7:00am							
8:00am			 		 PILATES		
8:15am						 <i>LES MILLS</i> BODYPUMP Trampoline*	
8:30am				 AQUA			<i>LES MILLS</i> RPM <i>LES MILLS</i> BODYATTACK
9:00am				 SPIN / ABT	Step / ABT		
9:15am						<i>LES MILLS</i> BODYCOMBAT	
9:30am	<i>LES MILLS</i> BODYPUMP		<i>LES MILLS</i> BODYPUMP			Trampoline Basics*	<i>LES MILLS</i> BODYPUMP
10:00am					<i>LES MILLS</i> BODYBALANCE		
10:15am						<i>LES MILLS</i> BODYJAM	
10:30am	 PILATES	Stretch		MINDFUL MOVEMENT 			<i>LES MILLS</i> BODYCOMBAT
11:00am		Special Needs*			Stretch		
11:15am							
5:00pm	metafit. HIIT TRAINING						
5:30pm	<i>LES MILLS</i> BODYPUMP		<i>LES MILLS</i> BODYPUMP	  YOGA * (90 MINS)			
6:00pm	<i>LES MILLS</i> RPM 	 YOGA*	<i>LES MILLS</i> RPM 				
6:30pm	<i>LES MILLS</i> BODYCOMBAT	<i>LES MILLS</i> BODYJAM	<i>LES MILLS</i> BODYCOMBAT				
7:30pm	<i>LES MILLS</i> BODYBALANCE	