

CLASS DESCRIPTIONS

LES MILLS BODY PUMP	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 BODY COMBAT	Body Combat is a whole body workout that lets you punch and kick your way towards your fitness goals.
LES MILLS BODY BALANCE	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 BODY ATTACK	Body Attack is a high-energy fitness class that combines athletic movements including: running, lunging, jumping, push-ups, squats and more.
LES MILLS BODY JAM	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. <i>Mindful Movement will be covered by Yoga in the absence of a MM Instructor.</i> Combining Yoga, Pilates, Tai Chi and Qigong, MM increases movement and alignment.
MINDFUL MOVEMENT	
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.

GROUP FITNESS TIMETABLE



2026 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



TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am		Triple 15	 	 	 	*Class to take place in the Circuit Room	
7:00am							
8:00am			 				
8:15am						  Trampoline*	
8:30am							 
9:00am					Step/ABT		
9:15am						 	
9:30am			 			Trampoline Basics*	
10:00am							
10:15am							
10:30am		Stretch		MINDFUL MOVEMENT 			
11:00am		All Abilities*				Stretch	
11:15am							
5:00pm							
5:15pm							
5:30pm							
6:00pm	 						
6:15pm							
6:30pm							
7:30pm	