



# Active Manningham Group Fitness Timetable December 2023

**ACTIVE  
MANNINGHAM**



# Aquarena Main Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am					Boxing Express		
7.00am							
8.15am							BODYPUMP Express
8.45am							LES MILLS CORE
9.15am		BODYPUMP Express	HIIT	BODYPUMP	BODYCOMBAT		
9.30am						HIIT	Pilates
9.45am		LES MILLS CORE					
10.30am		Zumba	BODYBALANCE	Pilates		BODYPUMP	Zumba
10.45am					BODYBALANCE		
11.45am							
12.15pm							
1.30pm							
5.30pm				Boxfit			
6.00pm			Core				
6.15pm				BODYCOMBAT			
6.30pm		BODYPUMP	HIIT				
7.00pm							
7.30pm			BODYBALANCE	LES MILLS CORE			

## Aquarena Cycle & Circuit Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am					Les Mills SPRINT		
7.00am							
7.15am							
8.15am						RPM	
9.30am			Les Mills SPRINT				
10.30am							
10.45am							
5.00pm							
6.30pm		Cycle					
7.30pm							

Aquarena Aquatic Areas							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am					Oceanauts		
7.15am						Aquaerobics	
7.30am			Aquacise		Aquacise		
8.30am		Aquacise	Aquacise	Aquacise	Aquacise		
9.30am		Aquaerobics		Aquaerobics		Oceanauts	
1.30pm							
7.00pm			Aqua Zumba				

Aquarena Reformer Pilates Studio							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am		Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates
10.30am							
12.30pm							
6.30pm		Reformer Pilates		Reformer Pilates			

**\*Reformer Pilates Membership is required for these classes.**

Aquarena Pavilion							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am							Yoga - Vinyasa
10.30am							
10.45am							
12.15pm							
2.00pm							
6.30pm		Yoga Vinyasa					
7.30pm				Pilates			

Running group							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00am							

**\*Meet the instructor and other members at the main entry before the class.**

Heimat Centre – 125 George St, Doncaster							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am							
10.30am							
11.30am							

Domeney Recreation Centre – Knees Road, Park Orchards							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am							

**Try a group exercise class today!**

At Active Manningham we offer a huge range of options to get active, feel good and connected. If you haven't done so already, you have to try one of our group fitness classes! Our professional group fitness instructors will welcome you into the class and support you every step of the way. Our classes are designed for all fitness and abilities levels.

Arrive early to class so you have enough time to set up your equipment & say hello to the instructor and your fellow members! For the safety & experience of yourself and other members, entry into the class more than 5 minutes late will not be permitted.

**What do I need to bring to class?**

- A towel is required at all classes.
- Drink bottle, to stay hydrated.
- Your own Yoga mat

**\* The timetable is accurate at the time of the printing but subject to change. Check the website for the live and most up-to-date timetable.**

**BODYBALANCE**

Bend & stretch through a series of simple yoga moves, inspire by Tai Chi & Pilates. Strengthen the entire body, leave feeling calm and centred.

**BODYCOMBAT**

Punch & kick your way into fitness. High-energy martial arts-inspired workout. Non-contact and easy moves to fun motivating music.

**BODYPUMP**

A full body workout using light to moderate weights with lots of repetition to motivational and fun music.

**BODYPUMP****Express**

A full body workout using light to moderate weights with lots of repetition to motivational and fun music.

**Boxfit**

High-intensity, full body, non-contact boxing workout. Using gloves & pads.

**Core**

Build core muscle strength through a variety of exercises for the core and back muscles.

**Gym Floor Circuit**

Interval training, combining HIIT & resistance exercises for a full body workout & get the heart rate up.

**HIIT**

High Intensity Interval Training (HIIT), includes circuit, Tabata, core, cardio and strength training.

**Les Mills CORE**

Build strength, stability & endurance in the muscles that support your core & improve balance.

**Pilates**

Focus on improving flexibility, strength, core stability & body awareness. Low impact, repetitive moves for a full body workout.

**Zumba**

Fun, fun, fun!  
Dance workout designed to get your heart rate up all while feeling like a party!  
Easy to follow moves.

**All Abilities**

An inclusive and supportive class for everyone, no matter your ability. Parents, Carers and other support are welcome and encouraged to join in the fun.

**Cycle**

Freestyle, indoor cycle workout. A series of climbing hills and sprints designed by your instructor but allowing you to workout at your own pace.

**Les Mills SPRINT**

Fast paced, freestyle, indoor cycle workout. A series of climbing hills and sprints designed by your instructor but allowing you to workout at your own pace.

**RPM**

Group indoor cycling workout where you control the intensity. Fun & low impact getting the heart racing. A journey of hill climbs, sprints & flat riding to fun music.

**Running Group**

A group session that will motivate you to tackle a new distance or set a new personal best.

**Reformer Pilates**

A full body workout using spring loaded resistance reformer beds. Low impact to improve flexibility & strength.

**Momentum Reformer**

A full body workout using spring loaded resistance reformer beds. Low impact to improve flexibility & strength. Specifically designed for over 50's.

### **Yoga - Vinyasa**

Is a form of yoga asanas(postures) flows from one sequence into another with the prana(breath) followed by a short meditation.

### **Aquacise**

A combination of low & high intensity cardio and water-based resistance training. Suitable for all fitness levels.

### **Aquaerobics**

A combination of low & high intensity cardio and water-based resistance training. Suitable for all fitness levels.

### **Aquanauts**

Adult squad swimming program.

### **Aqua Zumba**

Fun, fun, fun!  
A dance workout in the pool! Designed to get your heart rate up all while feeling like a party!  
Easy to follow moves.

### **Hydrotherapy**

Instructor led, slow paced exercises in the warm water pool to assist rehab & get active.

### **Oceanauts**

Adult squad swimming program. Designed to prepare you for open water swims and triathlons. Focusing on distance & endurance.

### **Momentum Active+**

Cardio-focused for active participants. Music workouts, weights, floor exercises, soothing cooldown. Leaves you energised for the day.

### **Momentum Aqua**

Helps joint pain, boosts mobility, gentle fitness; uses dumbbells. Good for different goals.

### **Momentum Circuit**

Strength class in circuits which include balance, core and machinery exercises. Cardio and floor exercises included.

### **Momentum Combo**

Instructor-picked mix - low impact, step, bands, weights, balls, bodyweight, abdominal exercises; ends with extensive stretch.

### **Momentum Conditioning**

Strength training with weights, bands, or body weight. Warm-up, strength exercises, floor work, improving bone strength.

### **Momentum Easy**

No floor exercises. Low-impact music workouts, chair-based activities, weights, bands, and balls. Works with flexibility and rejuvenating stretches.

### **Momentum Ironman**

Designed for males over the age of 50 years old. Full body strength training, while getting the heart rate up.

### **Momentum Cardio Strength**

Targets cardio with simple moves combined with body weight exercises followed by a relaxing stretch.

### **Momentum Strength**

Full body strengthening using weights or bands. Helps prevent osteoporosis, aids daily movements. Suitable for limited mobility.

### **Momentum Strength and Tone**

Cardio based full body workout using light hand weights with floor work involved.