

# Group Fitness Timetable

## May 2024

Aquarena Main Studio							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am		Yoga Vinyasa	Classes on Wednesday 15 May, Thursday 16 May and Friday 17 May 2024 will be <b>moved from the Main Studio to the Pavilion</b> as we work to upgrade the Studio.				
8.15am		BODYBALANCE				BODYBALANCE	BODYPUMP Express
8.45am							LES MILLS CORE
9.15am	BODYCOMBAT	BODYPUMP Express					
9.30am						HIIT	Pilates
9.45am		LES MILLS CORE					
10.30am	BODYBALANCE	Zumba				BODYPUMP	Zumba
11.45am						Pilates	
12.15pm	BODYPUMP	Pilates					
1.30pm	Momentum Ironman	Momentum Ironman					
5.30pm	BODYBALANCE	HIIT & Core					
6.30pm	BODYCOMBAT	BODYPUMP					
7.30pm	Zumba						

Aquarena Pavilion							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am					Boxing Express		
8.30am			BODYATTACK	BODYPUMP	BODYCOMBAT		
9.30am	Momentum Combo	Momentum Core	Momentum Combo	Momentum Core	Momentum Strength and tone		Yoga - Vinyasa
10.30am		Momentum Active+	Momentum Easy				
10.45am	Momentum Easy			Momentum Cardio/Strength	Momentum Conditioning		
11.30am			BODYBALANCE				
12.15pm				Pilates	Yoga Power		
12.30pm		Slow Flow Yoga	Yoga Power				
1.30pm			Zumba	Momentum Ironman	BODYBALANCE		
2.00pm	Momentum Conditioning						
2.30pm							
3.00pm				BODYPUMP Express			
3.30pm				LES MILLS CORE			
4.00pm				BODYCOMBAT			
5.30pm				Boxing			
6.00pm			Core				
6.30pm	Yoga Vinyasa	Yoga Vinyasa	HIIT	Slow Flow Yoga			
7.30pm			BODYBALANCE	Pilates			

### Aquarena Cycle & Circuit Room

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

### Aquarena Reformer Pilates Studio

\*Reformer Pilates Membership is required for these classes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates
11.30am		Momentum Reformer					
12.30pm		Momentum Reformer		Momentum Reformer			
6.30pm	Reformer Pilates	Reformer Pilates		Reformer Pilates			

### Aquarena Aquatic Areas

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	Oceanauts		Oceanauts		Oceanauts		
6.30am		Aquacise					
7.15am						Aquaerobics	
7.30am	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise		
8.30am	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise		
		Aquanauts		Aquanauts			
9.30am	Aquaerobics	Aquaerobics	Aquaerobics	Aquaerobics	Aquaerobics	Oceanauts	
10.30am			Slowflo Aqua				
1.30pm	Momentum Aqua			Momentum Aqua			
7.00pm	Evening Aqua	Evening Aqua	Aqua Zumba				

### Heimat Centre – 125 George St, Doncaster

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am	Momentum Active+		Momentum Combo				
10.30am				Momentum Easy			
11.30am				Momentum Strength			

### Domeny Recreation Centre – Knees Road, Park Orchards

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am	Momentum Strength						

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.

## 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.



Scan QR Code  
to book class

#### 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.

#### 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.

#### 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.

#### 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.

#### 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.

#### BodyAttack

High energy fitness class. Combines running, lunging, jumping and strength exercise like squat and pushups.

#### Les Mills CORE

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

#### 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.

#### 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 Cardio and strength

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

#### 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. Ends 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 Reformer

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

#### 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.

#### Oceanauts

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

#### Pilates

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

#### Reformer Pilates

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

#### 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.

#### Yoga - Vinyasa

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

#### Zumba

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