

# Group Fitness Timetable

## December 16-22 2024

Aquarena Main Studio Live Classes							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am		Yoga Vinyasa					
8.15am						Body Balance	Body Pump Express
8.45am							Les Mills Core
9.15am	Body Combat	Body Pump Express	Body Attack	Body Pump	Body Combat		
9.30am						HIIT	Pilates
9.45am		Les Mills Core					
10.30am	Body Balance	Zumba	Body Balance	Pilates		Body Pump	Zumba
10.45am					Body Balance		
11.45am						Pilates	
12.15pm	Body Pump	Pilates	Zumba				
1.30pm	Momentum Ironman	Momentum Ironman		Momentum Ironman			
5.30pm	Body Balance	HIIT & Core		FREESTYLE STEP 6-week trial			
6.00pm			Core				
6.30pm	Body Combat	Body Pump	HIIT	Body Combat	Zumba		
7.30pm	Zumba	Zumba	Body Balance				

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	Momentum Reformer				
12.30pm		Momentum Reformer		Momentum Reformer			
6.30pm	Reformer Pilates	Reformer Pilates		Reformer Pilates			

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			

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

Aquarena Cycle & Circuit Room							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am					Sprint Cycle		
7.15am						Momentum Circuit	
8.15am						RPM	
9.30am	Sprint Cycle		Sprint Cycle	Momentum Circuit		Momentum Circuit	
10.30am						Momentum Circuit	
10.45am		Momentum Circuit					
5.00pm		All Abilities					
5.45pm				RPM			
6.30pm		Cycle					
7.30pm	Momentum Circuit		Momentum Circuit				

Aquarena Pavilion							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am					Boxing Express		
9.30am	Momentum Combo	Momentum Core	Momentum Combo	Momentum Core	Momentum Strength and tone		Yoga - Vinyasa
10.30am		Momentum New Body					
10.45am	Momentum Easy		Momentum Easy	Momentum Cardio/Strength	Momentum Conditioning		
12.15pm		Slow Flow Yoga	Yoga - Vinyasa		Yoga - Vinyasa		
1.30pm		Tai Chi		Tai Chi			
2.00pm	Momentum Conditioning						
5.30pm				Boxing			
6.30pm		Yoga Vinyasa					
7.30pm				Pilates			

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

The timetable is accurate at the time of the printing but may 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.

PLEASE NOTE: All momentum classes are best suited for ages 60 and above.

#### 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.

#### Freestyle Step

A 6-week trial class from 7 November to 12 December. Is a high intensity fun and motivating class to set to upbeat music using a mixture of free weights and steps.

#### Boxing

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

#### Les Mills Core

Build core muscle strength through a variety of exercises for the core and improves balance.

#### 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.

#### Momentum CORE

gentle and effective movements that enhance stability, balance, and overall strength.

#### SPRINT Cycle

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.

Scan QR Code to book class



#### 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.

#### Momentum New Body

Class with light weights and old school aerobics to the beat and light weights for isolation and compound exercises, floor work for core and small stretch at the end. **Mat is required.**

#### 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.

#### Tai Chi

Gentle form of exercise that helps people suffering with joint pain and stiffness, blood pressure, diabetes and many more health issues. Suitable for all ages