




## MAIN STUDIO AND REFORMER STUDIO GROUPTFITNESS CLASSES

Aquarena Main Studio Live Classes							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am	HIIT						
8.15am		LesMills BODYBALANCE				LesMills BODYBALANCE	LesMills BODYPUMP Express
8.45am							LesMills CORE
9.15am	LesMills BODYCOMBAT	LesMills BODYPUMP Express	LesMills BODYATTACK	LesMills BODYPUMP	LesMills BODYCOMBAT		
9.30am						HIIT	Pilates
9.45am		LesMills CORE					
10.30am	LesMills BODYBALANCE	Zumba	LesMills BODYBALANCE	Pilates		LesMills BODYPUMP	Zumba
10.45am					LesMills BODYBALANCE		
11.30am			LesMills FunctionalStrength Begins 7 May	LesMills SHAPES			
11.45am						Pilates	
12.00pm					Tai Chi		
12.15pm	LesMills BODYPUMP	Pilates	Zumba				
1.30pm	Momentum Ironman	Momentum Ironman		Momentum Ironman			
5.30pm	LesMills BODYBALANCE	LesMills SHAPES		LesMills BodyStep			
6.00pm			Core				
6.30pm	LesMills BODYCOMBAT	LesMills BODYPUMP	HIIT	LesMills BODYCOMBAT	Zumba		
7.30pm	Zumba	Zumba	LesMills BODYBALANCE	Pilates			

Aquarena Reformer Pilates Studio							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30am		Begins 15 April Reformer Pilates	Reformer Pilates	Reformer Pilates			
9.30am	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates	Reformer Pilates
10.30am							Reformer Pilates
11.30am		Momentum Reformer	Momentum Reformer				
12.30pm		Momentum Reformer		Momentum Reformer			
5.30pm		Reformer Pilates					
6.30pm	Reformer Pilates	Reformer Pilates		Reformer Pilates			

-   **3-MONTH TRIAL CLASSES-** If we receive good numbers for these classes, they will be added permanently to the timetable.
-  **Women's only fitness classes**

## PAVILION GROUPTFITNESS CLASSES

Aquarena Cycle & Circuit Room							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am			<b>Circuit</b>				
6.30am			Begins 23 April		<b>LesMills SprintCycle</b>		
7.15am						<b>Momentum Circuit</b>	
8.15am						<b>LesMills RPM</b>	
9.30am	<b>LesMills SprintCycle</b>		<b>LesMills SprintCycle</b>	<b>Momentum Circuit</b>		<b>Momentum Circuit</b>	<b>Cycle</b>
10.30am						<b>Momentum Circuit</b>	
10.45am		<b>Momentum Circuit</b>					
5.00pm		<b>All Abilities</b>					
6.15pm				<b>LesMills RPM</b>			
6.30pm		<b>Cycle</b>					
7.30pm	<b>Momentum Circuit</b>		<b>Momentum Circuit</b>				

Aquarena Pavilion							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am					<b>Boxing Express</b>		
6.15am		<b>Yoga Vinyasa</b>					
9.30am	<b>Momentum Combo</b>	<b>Momentum Core</b>	<b>Momentum Combo</b>	<b>Momentum Core</b>	<b>Momentum Strength and tone</b>	Begins 3 May <b>Womens only Yoga</b>	<b>Yoga - Vinyasa</b>
10.30am		<b>Momentum New Body</b>					
10.45am	<b>Momentum Easy</b>		<b>Momentum Easy</b>		<b>Momentum Conditioning</b>		
12.15pm		<b>Slow Flow Yoga</b>	<b>Yoga - Vinyasa</b>		<b>Yoga - Vinyasa</b>		
2.00pm	<b>Momentum Conditioning</b>						
5.30pm				<b>Boxing</b>			
6.30pm		<b>Yoga Vinyasa</b>	Begins 16 April				
6.45pm			<b>LesMills SHAPES</b>		Begins 2 May		
7.00pm			Begins 7 May		<b>Womens only Mat Pilates</b>		
7.30pm	<b>Yoga Hatha</b>		<b>Womens only Zumba</b>				

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- **Women's only fitness classes**



## AQUATIC AND OFFSITE CLASSES

Aquarena Aquatic Areas							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am	Oceanauts		Oceanauts		Oceanauts		
6.30am		Aquacise					
7.00am						Oceanauts	
7.15am						Aquaerobics	
7.30am	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise		
8.00am		Aquanauts		Aquanauts			
8.30am	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise		
9.30am	Aquacise	Aquaerobics SlowFlo WWP	Aquacise	Aquaerobics	Aquaerobics		
10.30am		Begins 15 April	SlowFlo WWP				
1.30pm	Momentum Aqua			Momentum Aqua			
7.00pm			Aqua Zumba				
7.30pm		Aquacise					

Heimat Centre – 125 George St, Doncaster					
	Monday	Tuesday	Wednesday	Thursday	Friday
9.15am					
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
9.30am	Momentum Strength				

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-  **Women's only fitness classes**

## 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.



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.

#### LesMills BODYBALANCE

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

#### LesMills BODYCOMBAT

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

#### Hatha Yoga

Focuses on breathing techniques and physical postures to channel energy. Suitable for all fitness levels including pregnancy

#### LesMills BODYPUMP

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

#### LesMills BODYSTEP

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.

#### LesMills 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.

#### LesMills 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.

#### LesMills SprintCycle

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.

#### LesMills SHAPES

Low impact workout focusing on strengthening muscles alignment and flexibility set to an epic playlist of house and disco beats. It is inspired by Pilates, Power Yoga and Barre.

#### 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.

#### LesMills 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.

#### LesMills FunctionalStrength

Full-body training using squats, presses, and lifts to build strength, tone muscles, boost cardio, and improve everyday movement.

#### 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

## VIRTUAL GROUP FITNESS TIMETABLE

Virtual Classes in the Main Studio							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am			LES MILLS <b>BODYPUMP</b> 45'	LES MILLS <b>GRIT</b> CARDIO 30'	LES MILLS <b>BODYCOMBAT</b> 45'		
6.45am	LES MILLS <b>BODYATTACK</b> 45'		LES MILLS <b>BODYBALANCE</b> 45'	LES MILLS <b>BODYATTACK</b> 45'	LES MILLS <b>CORE</b> 30'		
7.15am		LES MILLS <b>GRIT</b> ATHLETIC 30'				LES MILLS <b>GRIT</b> STRENGTH 30'	
7.45am	LES MILLS <b>CORE</b> 45'		LES MILLS <b>GRIT</b> STRENGTH 30'	LES MILLS <b>BODYBALANCE</b> 45'	LES MILLS <b>DANCE</b> 45'		
12.15pm							LES MILLS <b>DANCE</b> 30'
12.30pm				LES MILLS <b>DANCE</b> 45'			
1.15pm			LES MILLS <b>DANCE</b> 45'		LES MILLS <b>DANCE</b> 45'	LES MILLS <b>DANCE</b> 45'	LES MILLS <b>BODYPUMP</b> 45'
2.00pm						LES MILLS <b>BODYATTACK</b>	
2.05pm			LES MILLS <b>BODYCOMBAT</b> 45'				
3.00pm	LES MILLS <b>DANCE</b> 45'	LES MILLS <b>BODYCOMBAT</b> 45'	LES MILLS <b>BODYATTACK</b> 45'	LES MILLS <b>BODYPUMP</b> 45'	LES MILLS <b>BODYCOMBAT</b> 45'	LES MILLS <b>BODYPUMP</b> 45'	LES MILLS <b>BODYATTACK</b> 45'
4.00pm	LES MILLS <b>BODYCOMBAT</b> 45'	LES MILLS <b>DANCE</b> 45'		LES MILLS <b>CORE</b> 45'	LES MILLS <b>BODYATTACK</b> 45'	LES MILLS <b>BODYATTACK</b> 30'	LES MILLS <b>BODYBALANCE</b> 45'
5.00pm			LES MILLS <b>DANCE</b> 45'			LES MILLS <b>BODYCOMBAT</b> 30'	LES MILLS <b>GRIT</b> CARDIO 30'
5.30pm					LES MILLS <b>BODYPUMP</b> 45'		LES MILLS <b>GRIT</b> STRENGTH 30'
6.00pm						LES MILLS <b>BODYBALANCE</b> 30'	LES MILLS <b>CORE</b> 30'
6.30pm						LES MILLS <b>BODYBALANCE</b> 30'	
6.45pm							LES MILLS <b>DANCE</b> 45'
7.05pm						LES MILLS <b>CORE</b> 30'	
8.45pm	LES MILLS <b>BODYBALANCE</b> 45'	LES MILLS <b>BODYPUMP</b> 45'	LES MILLS <b>CORE</b> 45'	LES MILLS <b>DANCE</b> 45'			

Indicates 30min class    
 Indicates 45min class    
 Indicates Tutorial class    
 Indicates Beginner class

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