

Group Fitness Timetable

AQUA MOVERS – a fun water-based class to improve mobility, flexibility, and strength. Suitable for all fitness levels. 45 minutes.

AQUA WORKOUT – water-based class with more energetic moves. Great workout without any stress on your joints. 45 minutes.

GENTLE AQUA – Water-based class with modified low-impact exercises at an achievable pace. Suitable for beginners. Held in the program pool. 45 minutes.

BARRE – Each barre class is designed to be a full-body, muscle-endurance workout. Typically, they're broken into different sections that focus on major muscle groups including the arms, legs, glutes, and core. Barre class is a workout technique inspired by elements of ballet, yoga, and Pilates. It focuses on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can.

BODYBALANCE – A blend of yoga, tai chi and pilates to build your flexibility and strength through controlled breathing, structured stretches and poses. 55 minutes.

BODYCOMBAT – Inspired by martial arts, this is a high-energy non-contact cardio workout. Kick and punch your way to fitness. 55 minutes.

BODYPUMP – A strength and conditioning class that uses barbells and weights to target all muscle groups. 55 minutes. Must be 16 years old or older to participate

CBC - Coach By Colour - Suitable for all fitness levels! Participants are led through five intensity zones (ranging from very light to maximum effort) which are assigned colours. Throughout the class, the instructor will unify the group, encouraging everyone to progress through the zones at their level. 50 mins

CIRCUIT – Circuit training is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to high-intensity interval training. It targets strength building and muscular endurance.

CORE – Strengthen your core with this dynamic training that uses resistance bands and weight plates. 30 minutes.

HUSTLE – Hustle is a combination of high intensity and strength training. No 2 sessions will ever be the same, meaning you will never get bored. You can expect high heart rate exercise, in conjunction with strength based exercises. Typically your class will be run with an interval timer in play; think 35 seconds of work and 15 seconds of rest.

LM BARRE - Inspired by ballet, designed to tone postural muscles and build core strength. This class is a combination of cardio and strength without the traditional barre to support you. 30 mins.

PILATES - A class to help develop core strength and coordination through traditional Pilate's movement patterns, the use of breath and correct alignment. 55 minutes.

RPM – An indoor cycle workout that delivers maximal results with minimal impact. You will be led through hills, flats, mountain peaks, time trials and interval training. 50 minutes.

SPRINT - High-Intensity Interval Training (HIIT) using an indoor bike. Combines bursts of intensity, where you work as hard as possible, with periods of rest to achieve results fast. 30 mins

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STRENGTH & POWER – A Hybrid class that incorporates elements of Strength, Cardio, Boxing and Core to improve your fitness. Suitable for all fitness levels. 45 minutes. Must be 16 years old or older to participate.

STRONG MOVERS – Low-impact full body workout that will improve strength, flexibility, fitness and mobility. Designed for older adults but suitable for all fitness levels. 55 minutes.

TAI CHI – A class that promotes balance and flexibility. Tai Chi can also help to improve circulation and is great for arthritis. 55 minutes.

YOGA - Designed to enhance vitality and a sense of well-being, the class provides all the classical hatha yoga postures including sun salutations as the central body of the class. It will have you moving with the breath while increasing your flexibility, strength and fitness. 55 minutes

Group Fitness Class access:

Participants must be 16 years of age to participate in Body Pump, Boxing, Hustle & HIIT.

Minimum age to participate in all other group fitness classes are 12 years of age.