OLDER ADULTS GROUP FITNESS



Effective 1 October 2024

These classes offer a range of exercises specifically aimed at the needs of older adults. They will help improve your fitness, strength, mobility, and balance.

STUDIO 1							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
11:45AM	Low Impact						

STUDIO 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30AM		Active Ageing Cycle		Active Ageing Cycle	

STUDIO 3						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
10:35AM				Pilates Basics		
11:45AM	Gently Active		Gently Active			

AQUA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30AM	Aqua Fit				
9:30AM	Aqua Fit	Aqua Fit	Aqua Fit	Deep Water Run	Aqua Fit
					Warm Water Basics
10:30AM	Warm Water Basics	Warm Water Workout	Warm Water Basics	Warm Water Workout	Aqua Fit
	Deep Water Run	Deep Water Run	Deep Water Run		
5:30PM				Deep Water Run	
6:35PM		Deep Water Run			

GYMNASTICS HALL						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
11:00AM		Active Ageing Gymnastics				

Multipurpose Pool

50m Pool

25m Pool

Timetable effective from 1 October 2024. Subject to change. All Gold members can access Group Fitness classes as part of their membership. All classes must be booked via our website at www.ballarataquaticcentre.com or by calling the Centre on 03 5334 2499.