

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	Low Impact	Low Impact	Low Impact	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			

 25m Pool

 50m Pool

 Multipurpose Pool

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