

Monbulk Aquatic Centre Aqua Aerobics Classes

Current Timetable - valid from 13 May 2024

SWIMMING POOL							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00AM		Aqua Pilates (45)					
8:30AM	Aqua Fit (45)		Aqua Fit (45)	Aqua Pilates (45)	Aqua Fit (45)		
9:30AM	Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)	Aqua Fit (45)		

See Class Guide description for more information on specific classes and their benefits.

Monbulk Aquatic Centre Specialised* Training & Training Outside of the Group Fitness Room

Current Timetable - valid from 13 May 2024

SPECIALIST CLASSES							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30AM			Wonder Women		Wonder Women		
8:15AM				Wonder Women			
9.30AM				Cycle**			
1:30PM	Move To Improve		Move To Improve	Move To Improve			

See Class Guide description for more information on specific classes and their benefits.

*Specialised refers to programs led by qualified trainers and targeted to the individuals enrolled

**In the creche

Monbulk Aquatic Centre SGT (Small Group Training) & Gym Floor Workouts

Current Timetable - valid from 13 May 2024

GYM FLOOR BASED								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:15AM	Functional Interval Training	Functional Interval Training	Functional Interval Training	Functional Interval Training				
8:15AM						Circuit		
12.30PM	Senior Circuits (45)		Senior Circuits (45)					
2:00pm	Sensory Hour - no music on gym floor, reduced noise							
3.30PM	Teen Gym* (2 hours) <i>Instructor guided programming and workouts</i>							
6:15PM			Functional Interval Training		Functional Interval Training			
7:30PM	Functional Interval Training			Functional Interval Training				

*Teen Gym hours are times where our 12-16 year old members can attend without direct parent supervision. All Teen members **must** book into a BEGIN appointment upon signing up to ensure they receive a suitable exercise program.

**Cycle classes: These are run on the gym floor under supervision of A Fitness Professional however are not instructor led classes. These pre-programmed classes allow you to ride for either 30 or 45 mins with a group.

***Functional Training sessions may vary and will be led by one of our team of Gym Trainers. See Class Guide description for more information. (Max 8 per group).

GROUP FITNESS ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05AM	Hi Energy Circuit (45)	LES MILLS Body Pump (45)	Hi Energy Circuit (45)	LES MILLS RPM	Hi Energy Circuit (45)		
8:05AM						LES MILLS Body Pump (45)	
9:00am						LES MILLS RPM	Vinyasa Yoga
9:10AM	LES MILLS Body Pump (45)	LES MILLS RPM	HIIT	Vinyasa Yoga	LES MILLS Body Pump (45)		
9:45AM			Core & More				
10:00am	LES MILLS RPM	LES MILLS Core			LES MILLS Core	Zumba	Yin Yoga
10:30AM		Yoga	Move & Stretch	Pilates	Tai Chi		
10:50am	Total Tone						
11:30AM	Pilates	Pilates	Pilates	Tai Chi	Pilates		
5:30PM		Total Tone					
6.00PM		Spin (45)	Hi Energy Circuit	Body Blast			
6:15PM	Hi Energy Circuit						
7:00PM		Vinyasa Yoga	Core & More	Yoga			
7:15PM	Pilates						

Monbulk Aquatic Centre Group Fitness Classes

Class Guide for Members

GYM FLOOR BASED	Description	Time
Functional Training	A 30 minute program led by a trainer utilising equipment and body weight. Strength, Cardio and Core - the workouts will cover them all.	30 minutes
Gym Cycle	A pre-programmed cycle workout. Class focuses include agility, speed and climbs.	30 or 45 minutes

AQUA	Description	Time
Aqua Fit	This fun, water based aerobic workout will get you feeling energized in mind and body. By using the natural resistance of the water as you move through the various moves, you will feel your muscles, core strength and overall fitness increase.	45 minutes
Aqua Pilates	Yes you guessed it - Pilates in the water! A fantastic class to help you build core strength and work on your bodies ability to utilise and engage the core which lends itself to every day tasks and general health and wellbeing.	45 minutes

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Class Guide for Members

SPECIALISED	Description	Time
Move to Improve	Gentle exercise designed to increase functional mobility, improve muscle and bone strength and enhance balance and flexibility. Recommended for older adults. Medical Clearance required to participate.	60 minutes
Wonder Women	Designed more for beginners and mature ages, it is the best workout to get you back into loving the gym and wanting to go! It will strengthen the joints and increase balance and flexibility.	60 minutes
Senior Circuits	Circuits target a broad range of muscles with a sequence of moderate-intensity exercises and are a great way to exercise your entire body at a level of intensity that's right for you. This 45-minute version is specifically designed for older exercisers.	45 minutes

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Class Guide for Members

Please note Outdoor Classes are weather dependant. Where possible we will try to move classes indoors due to bad weather but late cancellations may occur.

OUTDOOR	Description	Time
Tai Chi	Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. We recommend bringing your own mat. Get fit, makes friends and work hard! A group workout designed to	45 mins
Boot Camp	push you to get fitter, stronger and faster. Suitable for all levels of fitness. Suitable for all levels of experience, a boxing coach guides you	45 or 60 minutes
Cardio Boxing	through punching combinations. Come alone or come with a friend! This class may sometimes be partner work or sometimes be boxing circuits, all designed to be fun and make you fit!	55 minutes

Monbulk Aquatic Centre Group Fitness Classes

GX ROOM	Description	Time
Body Blast	Our qualified instructor guides each participant through a beginner friendly circuit using a variety of equipment including hand weights, balls, bands. Sale for all ages and fitness levels.	45 or 55 minutes
LES MILLS Body Pump	BODYPUMP, a total body workout that will burn calories, shape and tone your entire body, increase core strength and improve bone health.	45 or 55 minutes
LES MILLS Core	LES MILLS CORE is a workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your core.	30 minutes
Core & More	This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the foundation core muscles. The instructor may include a variety of equipment in this great workout.	30 minutes
Hi Energy Circuit	This moderate to high intensity circuit-style class incorporates resistance and cardiovascular exercises for a total body workout. Suitable for all levels of fitness.	45 or 55 minutes
HIIT	Suitable for everyone from beginners to athletes, this class focuses on bursts of high-intensity strength and cardio exercises followed by brief periods of recovery. A short, sharp workout that gets results fast.	30 minutes
Move and Stretch	A gentle stretching, movement and flexibility class designed to aid recovery, prevent injury and regain mobility. Our qualified instructor takes you through guided stretches that are tailored to all levels of mobility.	45 minutes

Monbulk Aquatic Centre Group Fitness Classes

GX ROOM	Description	Time
Pilates	<p>This class focuses on core strengthening movements- improving posture, flexibility and strength through the connection of mind and body with breath. It teaches body awareness and graceful movement. Suitable for newcomers.</p>	60 minutes
LES MILLS RPM	<p>RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and a big calorie burn. Your instructor takes you on a journey of hill climbs, sprints and flat riding.</p>	45 minutes
Spin	<p>This fun, no-impact cardio class features intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire!</p>	30 or 45 minutes
Yoga & Vinyasa Yoga	<p>Combines flowing breath connected Yoga and Somatic Movement supporting principles, exploring healthy ranges of motion to encourage deep body and mind awareness, strength and positive re-patterning. The intricate body explored to create understanding and harmony within.</p> <p>Gives you a calorie burning, cardiovascular workout in the</p>	60 minutes
Zumba	<p>atmosphere of a dance party! Latin dance moves are the basis for this fusion dance style, but movements from belly dance, hip-hop, salsa and reggae nation also feature.</p>	45 or 60 minutes