

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM		X-TRAINER w/Jess (45min)		X-TRAINER w/Jess (45min)	
8:10AM					PILATES w/Jodie (50min)
8:15AM		CARDIO & STRENGTH w/Angie (50min) 7:15am start 15/9			
9:15AM	X-TRAINER w/Jess (45min)		STRENGTH w/Jodie (1 hr)	YOGA w/Lisa (1hr 15min)	BAR & BALANCE w/Jess (1hr)
9:30AM		ACTIVE LADIES* + Steve w/Angie (45min) Limited spots			
10:15AM	ZUMBA w/Jess (45min)				
10:30AM		ACTIVE LADIES* w/Angie (45min) Limited spots			
10:45AM				CHAIR YOGA w/Lisa (1hr)	
5:00PM			PILATES & RELAXATION w/Jireh (1hr15min)		
5:30PM	MENS FITNESS 1 w/Angie (45min)	X-TRAINER**** w/Angie (45min) 6pm start from 15/9			
5:45PM	STRENGTH w/Jodie (50min)				
6:30PM	MENS FITNESS 2 w/Angie (1hr)				
6:45PM	PILATES w/Jodie (50min)		 b.class™ w/Isabel & Sophie (1hr)		

September Timetable Notes: PLEASE READ

- Monday 7th - XTrainer is Boxing
- Tuesdays 6pm XTrainer**** has temporarily moved to 5:30pm start time - reverts to 6pm on the 15th Sept
- Wednesday's Pilates & Relaxation class is back!
- Tuesday 15th - 8:15am Cardio & Strength will start at 7:15am
- *Please enquire with Coordinator before attending "Active Ladies" classes for the first time, for availability

CLASS DESCRIPTIONS

Pilates + Relaxation: This gentle yet effective class combines core-strengthening Mat Pilates with deep relaxation to leave you feeling strong, centered and refreshed. You'll move through a series of controlled Pilates exercises focused on posture, alignment, and breath to build strength, flexibility, and balance. The class finishes with 15 minutes of guided relaxation to help release tension, calm the nervous system, and restore your energy—perfect for both body and mind. Suitable for all.

1 hour, 15 mins

Chair Yoga: A safe low impact class which is great for seniors, beginners and people with limited mobility. Many benefits including increased flexibility and strength, while helping with balance and joint pain. As well as focusing on the body, it also benefits the mind by working with the nervous system through breath and mindfulness, all the benefits of a regular class! 1

hour

Bar & Balance: This class combines the best of strength and stability training. The first half features classic barbell-based exercises set to music that build strength and endurance through high-rep, full-body movements. In the second half, we shift focus to the fitball for targeted core work and balance exercises to improve stability, posture and body control. Finishing with a calming stretch to release tight muscles and leave you feeling strong, centered, and refreshed. Suitable for all fitness levels.

1 hour

Strength: This class is a barbell-based, full-body workout that targets all your major muscle groups, using light to moderate weights with lots of repetition. Set to motivating music, this class will keep your energy high and your motivation strong. A class you will be sure to feel the next day!! No coordination needed, suitable for all fitness levels. 1 hour

Cardio & Strength: If you're looking for a class with lots of variety this is it! The class can include using Kettlebells, dumbbells, bar and also has a component of cardio. Lots of VARIETY to keep you motivated. Suitable for all fitness levels. 50 min

Active Ladies: All exercises in this class are performed either seated or standing—no floor work involved. Improve your overall strength, fitness, and balance through low-impact, functional movements designed to support everyday activity. Suitable for both beginners and more advanced participants, with options provided to increase the challenge if desired. Please contact the Coordinator before attending to check availability. 45 min

Mens Fitness: These classes are designed specifically for men, held at the Woodside Pool grounds. The class combines varied cardio and strength exercises to improve overall fitness.

We offer two levels: (Lev 1) tailored for beginners 45 min and (Lev 2) for those seeking a more advanced challenge. 1 hour

Yoga (Hatha): This class is suitable for all levels with options being offered for beginners or advanced yoga participants. Beginners will be shown more gentle postures. The class includes various poses focusing on alignment and postures. Poses are held for longer and routines can be made more challenging for advanced participants. 1 hour, 15 min

X-Trainer: A fun and varied class that mixes strength and cardio to get your whole body moving. We use different equipment like kettlebells, medicine balls, resistance bands, fitballs, free weights, and steps to keep things interesting and effective. The workouts can be adjusted to suit everyone, whether you're just starting out or looking for a bigger challenge. 45 mins

The b. class™ encompasses everything you ever wanted in a 1-hour fitness class. The exercise that works the body, the energy clearing and mindfulness from a yoga class, the music and spiritual connection, The b. class® is for women of all ages, abilities, and backgrounds. You do not need to be coordinated, you just need to be YOU. Each class you will leave feeling clear, strong and empowered. 1 hour

Pilates: Strengthen your core, improve posture, and enhance flexibility in this full-body, low-impact class. Mat Pilates focuses on controlled movements, breath, and alignment to help you build a strong foundation from the inside out. Whether you're a beginner or experienced, this class offers modifications for all levels. 50 mins

Zumba: The Zumba program is a fitness-party with a contagious blend of Latin and international rhythms that provides a fun and effective workout. 45 Minutes