

# CARNEGIE MEMORIAL SWIMMING POOL

## GROUP EXERCISE TIMETABLE

Commencing Monday 5 January 2026

Bookings required via member portal

PROGRAM ROOM ONE	MON	TUES	WED	THURS	FRI	SAT	SUN
	6.05am	HITT Circuit	BodyAttack	LM Shapes		Body Pump	
	7.00am	Mobilise			Body Balance		
	8.00am		GELFit Strength		Dance		Body Pump
	8.30am			Beginners Yoga		Zumba Gold	
	9am		Activate				Body Balance
	9.30am	Body Pump		Body Pump	Mat Pilates	Vinyasa Flow Yoga	
	10.30am	Body Balance	Pilates	Body Balance	Activate	Beginners Yoga	Virtual BodyPump
	11.30am			Living Stronger		Activate Tai Chi	
	12.30pm	Virtual Body Pump	Virtual Body Combat	Virtual Body Attack	Virtual Body Pump	Virtual Body Pump	
4pm	Virtual Combat	Virtual Pump	Virtual Combat	Virtual Body Pump	Virtual Body Combat	Virtual Attack	Virtual Body Combat
5.15pm	Body Balance		Mat Pilates		Virtual Body Combat		
6.15pm	Body Step	BodyPump	Zumba	Body Pump	Restore/Sound (90 min)		
7.15pm	Restore/Sound (90min)	Body Balance					

PROGRAM ROOM THREE	MON	TUES	WED	THURS	FRI	SAT	SUN
	6.10am						
	7.30am						
	8.30am		Chair Yogalates		Slow Flow Yoga		Yin Yoga
	9.25am	Slow Flow Yoga	Yin Yoga	Qi Gong			
	9.30am					Vinyasa Flow Yoga	Restorative Yoga
	10.30am	Qi Gong			Yin/Restore		
	6pm						
	6.10pm			Slow Flow/Nidra (70 min)			
7.15pm				Mat Pilates			

REFORMER	MON	TUES	WED	THURS	FRI	SAT	SUN
	6.05am	Progression	Foundation	Progression	Progression	Foundation	
	7am	Foundation	Progression	Foundation	Progression	Advanced	Progression (7.30am)
	8.30am	Progression		Foundation			Foundation
	9.30am	Foundation	Progression	Advanced	Foundation	Progression	Foundation
	10.30am	Progression	Foundation	Progression	Progression	Foundation	Restore
	11.30am	Activate	Activate				
	3pm				Progression (1pm)	Progression	Foundation
	4pm	Progression (4.30pm)				Foundation	Progression
	5.15pm		Progression		Foundation		
	5.30pm	Foundation		Progression			
	6.15pm		Foundation		Progression		
	6.30pm	Progression		Foundation			
	7.15pm		Advanced		Foundation		
	7.30pm	Foundation		Progression			
	8.15pm				Restore		

AQUA (ITS POOL)	MON	TUES	WED	THURS	FRI	SAT	SUN
	7am	Aqua HIT (7:15am)		Aqua Fit	Aqua Tone		
	7.55am	Aqua Tone	Aqua Tone		Aqua Fit	Aqua HIIT	
7.15pm		Aqua Fit					

AQUA (WARMWATER POOL)	MON	TUES	WED	THURS	FRI	SAT	SUN
	11.45am	Aqua Flow		Aqua Flow	Aqua Flow		
1pm			Aqua Flow			Aqua Flow	

# CARNEGIE MEMORIAL SWIMMING POOL

## GROUP EXERCISE CLASS DESCRIPTIONS

### PROGRAM ROOM ONE

**Activate Strength** 45mins  
Designed to help improve functional movement, strength, balance, co-ordination and bone density in older adults.

**Dance** 45mins  
A dance fitness class is a dynamic and energetic workout session that combines elements of dance with traditional aerobic exercises. These classes are designed to provide a fun and effective way to improve cardiovascular health, co-ordination, flexibility, and overall fitness while dancing to upbeat music. Perfect for all levels of fitness.

**GELFit Strength** 45mins  
This low-impact, medium-intensity class builds strength in your upper body, lower body, and core through supersets and repetition, with modifications for all fitness levels

**Les Mills Body Attack** 55mins/45mins  
Sports-inspired cardio workout including high energy aerobic moves, sports drills and strength work will get you fit fast.

**Les Mills Body Balance** 55mins  
A yoga, tai chi and pilates workout that builds flexibility and strength, leaving you feeling centred and calm. \*\*

**Les Mills Body Combat** 55mins/45mins  
The empowering cardio workout where you are totally unleashed. Inspired by a range of martial arts.

**Les Mills Body Pump** 55mins/45mins  
The original barbell class that strengthens and tones your entire body to ensure you get results fast.

**Living Stronger** 45mins  
These classes include a light cardio warm up to music, light jogging or walking, and floor-based exercises designed to improve strength with the help light resistance, flexibility, balance and improve relaxation all to music.

**Les Mills Shapes** 55mins/45mins  
An exciting new Les Mills launch blending Pilates, Barre, and Power Yoga, set to modern beats. Get ready to invigorate your mind and body.

**Mat Pilates** 55mins/45mins  
Pilates Exercises with and without small equipment such as balls, bands and Pilates rings. Tone your whole body and strengthen your core, while improving posture, alignment and balance. \*\*

**Mobilise** 45mins  
Designed to improve your range of motion and flexibility, while improving your strength, balance, and stability. Mobilise can help reduce stiffness, discomfort and pain to help you move and feel better.

**Zumba** 55mins  
Featuring exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning participants.

**Zumba Gold** 55mins  
Zumba Gold will get you moving, improve your fitness and leave you feeling energised. This class is for active adults who are looking for a modified Zumba class that recreates the original moves you love, but at a lower intensity.

**HITT Circuit** 45mins  
This 45-minute HIIT circuit offers a full-body workout focused on ground-based movements, body weight strength, weights and core exercises. Get ready to crawl, stretch and strengthen in this dynamic class.

### PROGRAM ROOM THREE

**Beginners Yoga** 55mins  
This class introduces the fundamental poses of yoga, explores body alignment and breath while developing strength, flexibility, and balance in a supportive environment. \*\*

**Hatha Yoga** 50mins  
Hatha Yoga incorporates all the basic traditional methods including poses, breath work, meditation, and relaxation. The poses(asana) are slowed down and held static for longer period times than flow Yoga to focus your mind and body strength

**Meditation** 30mins  
Meditation can produce a deep state of relaxation and a tranquil mind. You focus your attention using a combination of mental and physical techniques which may include but is not limited to - mindfulness, breath, mantra and Yoga Nidra.

**Qigong** 45mins  
A gentle & restorative exercise therapy incorporating a variety of low impact movements with stillness & some meditation. The purpose of the practice is to release tension - physical, mental & emotional.

**Chair Yogalates** 45mins  
Chair Yogalates is a gentle blend of Yoga and Pilates, mostly done seated or using a chair for support. Ideal for beginners and older adults, it improves mobility, strength, posture, and balance—all in a relaxed, friendly environment.

**Yin/Restore** 90mins  
A gentle blend of Restorative and Yin Yoga to release tension in both body and mind. This class finishes with relaxing meditation to allow for a deep state of tranquility and peace

**Restorative Yoga** 50mins/75mins  
A gentle yoga class that is about slowing down your body through passive stretching using props to support your body and allow the muscles to relax deeply

**Restore/Sound** 90mins  
Find your balance and tranquility through mindful movement and soothing sound, where healing vibrations promote relaxation and restore harmony in body and mind.

**Vinyasa Flow Yoga** 50mins  
Vinyasa Yoga follows a series of flowing poses that connect breath with body and movement. Typically a stronger and more intense practice it is recommended to have participated in Beginners or Flow Yoga before attending this class.

**Yin Yoga** 50mins  
A deeply mindful style of Yoga where postures are held for a longer period of time while you find stillness and focus on the breath. Profoundly powerful practice to alleviate stress and deeply release tension and tightness in the body.

**Yoga Nidra** 30mins  
Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping, induced by a guided meditation.

**Slow Flow** 55mins  
A mindful class that combines breath with movement at a relaxed and conscious pace to restore balance to both mind and body. We explore proper alignment, build strength, cultivate flexibility and reduce stress.

### AQUATIC PROGRAMS

**Aqua Fitness** 45mins  
Boost your cardio and stamina in this high-energy, low-impact class, using the water's resistance to elevate each movement and improve cardiovascular health.

**Aqua Flow** 45mins  
Relax and strengthen your body with this calming, full-body workout that blends Pilates, yoga, and Tai Chi movements, all enhanced by the natural resistance of water

**Aqua Tone** 45mins  
Tone and strengthen your body with water resistance in this fun, full-body workout, incorporating circuit-style training and equipment for a challenging yet joint-friendly experience.

**Aqua HIIT** 30mins  
More physically challenging than Aqua Fitness, Aqua HIIT is a High Intense Interval Training class a style that uses hard exertion followed by less intense recovery periods.



Scan the QR code to access the timetable online.

### VIRTUAL FITNESS

Virtual Fitness classes are conducted in the Group Fitness Studio One and Three. Classes are conducted with a virtual instructor/s. Please arrive five minutes prior to the session to set up. Please ask staff for assistance if needed.

### \*\* PREGNANCY SAFE CLASSES

Denotes classes suitable or specialised during pregnancy. Please inform the instructor BEFORE the class starts so they can provide alternate options throughout the class.



Bentleigh • Bentleigh East • Brighton East • Carnegie • Caulfield • Elsternwick • Gardenvale • Glen Huntly • McKinnon • Murrumbeena • Ormond • St Kilda East



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### REFORMER PROGRAMS

#### Foundation - 45 mins

This class is the perfect place to start your Reformer Pilates Journey. It's also great if you are wanting to revisit the principles of the Pilates Method at a slower pace, with more focus on the foundations. It includes a brief induction to the Reformer Bed followed by exercises designed to improve coordination, core strength, balance, stability and awareness. Suitable for all ages

#### Progression - 45 mins

This Progressive Reformer Class is an intermediate class, the next step on your Pilates journey! This class moves at a pace assuming you have a knowledge of Pilates and the equipment. It is a complete workout challenging the whole body, through progressive sequences building on your strength through specific muscle focus. It is our most popular class. Options will be offered to modify or challenge. We recommend participants should have attended at least three Foundation sessions prior to attending this next level.

#### Advanced - 45 mins

A high intensity style Reformer session designed to take your Pilates to the highest level. Classes focus on endurance with faster paced movements and may include moderate impact moves like jumps, HIIT, as well as resistance training. We recommend participants come along without injuries, and have 3 months experience with Pilates and the equipment.

#### Reformer Advanced Jump- 45 mins

This high intensity Jumpboard class increases cardiovascular fitness and muscular endurance. Be prepared to sweat and feel the burn! Not suitable for beginners, pregnancy or participants with injuries.

#### Reformer Activate - 45 mins

This 45 minute Reformer Pilates class is designed to help improve mobility, strength, balance and stability in older adults. Simple moves with strong results.

#### Gel Reformer Fusion- 45 mins

A 45 minute dynamic Fusion of Reformer Pilates, Mat Pilates and Interval training for a complete full body workout. Be prepared to sweat and feel the burn! Modifications are offered for all fitness levels. We recommend participants should complete at least 3 Foundation sessions before attending this class.

#### Reformer Express- 30 mins

A 30 minute full body Reformer class designed to give maximum results in minimal time. Participants should have attended at least three Foundation sessions prior to attending this class. As this class is quite fast paced and may incorporate jump boards, it is not advised for Pregnant members or those with injuries.

Grip socks are required for reformer pilates.