

# CARNEGIE MEMORIAL SWIMMING POOL

## GROUP FITNESS TIMETABLE

Commencing Monday 5 May 2025

Bookings required via member portal

PROGRAM ROOM ONE		MON	TUES	WED	THURS	FRI	SAT	SUN
	6.05am	HITT Circuit (6.15am)		LM Shapes		Body Pump		
	7.00am	Mobilise						
	8.00am		GELFit Strength		Dance		Body Pump	
	8.30am					Zumba Gold		Mat Pilates
	9am		Activate				Body Balance	
	9.30am	Body Pump		Body Pump	Mat Pilates	Flow Yoga		Zumba
	10.30am	LM Shapes	Pilates	Body Balance	Activate		Virtual Pump	
	11.30am							Virtual Pump
	12pm	Virtual Body Pump	Virtual Body Combat	Virtual Body Attack	Virtual Body Pump	Virtual Body Pump		
	4pm	Virtual Combat	Virtual Pump	Virtual Combat	Virtual Pump	Virtual Combat	Virtual Attack	Virtual Combat
	5.15pm	GELFit Strength		Mat Pilates		Body Combat		
	6.15pm	LM Shapes	BodyPump	Zumba	GELFit Strength	Yin Meditate (90min)		
7.15pm	Restore/Sound (90min)	Mat Pilates						

PROGRAM ROOM THREE		MON	TUES	WED	THURS	FRI	SAT	SUN
	6.10am		Flow Yoga	Mat Pilates	Hatha Yoga			
	7.30am							
	8.30am			Beginners Yoga	Flow Yoga		Yin Yoga	
	9.25am	Flow Yoga	Yin Yoga	Qi Gong				
	9.30am						Flow Yoga	Restorative Yoga
	10.30am	Qi Gong			Yin/Restore	Beginners Yoga		
	6pm		Flow Yoga					
	6.10pm			Slow Flow/Nidra (70)				
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	Progression
	9.30am	Foundation	Progression	Advanced	Foundation	Progression	Progression	Foundation
	10.30am	Progression	Foundation	Foundation	Progression	Foundation	Foundation	Progression
	11:30am	Activate Reform						
	1pm					Progression		
	5.30pm	Foundation	Progression	Progression	Foundation			
6.30pm	Progression	Foundation	Foundation	Progression				
7.30pm	Foundation	Advanced	GEL Fusion	Foundation				

AQUA (LTS POOL)		MON	TUES	WED	THURS	FRI	SAT	SUN
	7am			Aqua Fit	Aqua Tone			
	7:55am	Aqua Tone	Aqua Tone		Aqua Fit	Aqua Fit		

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

## GROUP FITNESS CLASS DESCRIPTIONS

### PROGRAM ROOM ONE

<b>Activate Strength</b> 45mins Designed to help improve functional movement, strength, balance, co-ordination and bone density in older adults.	<b>Les Mills Shapes</b> 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.
<b>Dance</b> 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.	<b>Mat Pilates</b> 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. **
<b>GELFit Strength</b> 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	<b>Mobilise</b> 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.
<b>Les Mills Body Attack</b> 55mins/45mins Sports-inspired cardio workout including high energy aerobic moves, sports drills and strength work will get you fit fast.	<b>Zumba</b> 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.
<b>Les Mills Body Balance</b> 55mins A yoga, tai chi and pilates workout that builds flexibility and strength, leaving you feeling centred and calm. **	<b>Zumba Gold</b> 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.
<b>Les Mills Body Combat</b> 55mins/45mins The empowering cardio workout where you are totally unleashed. Inspired by a range of martial arts.	<b>HIIT Circuit</b> 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.
<b>Les Mills Body Pump</b> 55mins/45mins The original barbell class that strengthens and tones your entire body to ensure you get results fast.	

### AQUATIC PROGRAMS

<b>Aqua Fitness</b> 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.
<b>Aqua Flow</b> 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
<b>Aqua Tone</b> 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.



Scan the QR code to access the timetable online

### PROGRAM ROOM THREE

<b>Beginners Yoga</b> 55mins This class introduces the fundamental poses of yoga, explores body alignment and breath while developing strength, flexibility, and balance in a supportive environment. **	<b>Restorative Yoga</b> 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
<b>Hatha Yoga</b> 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 periods than flow Yoga to focus your mind and body strength	<b>Restore/Sound</b> 90mins Find your balance and tranquility through mindful movement and soothing sound, where healing vibrations promote relaxation and restore harmony in body and mind.
<b>Flow Yoga</b> 55mins A slower-paced yoga class aimed at stretching and strengthening the body with focus on alignment. We take the time to look at how the body should be aligned in poses and offer options to modify depending on your needs.	<b>Vinyasa Yoga</b> 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.
<b>Meditation</b> 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.	<b>Yin Yoga</b> 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.
<b>Qigong</b> 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.	<b>Yoga Nidra</b> 30mins Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping, induced by a guided meditation.
	<b>Yin/Restore</b> 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

### REFORMER PROGRAMS

<b>Foundation - 45 mins</b> 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
<b>Progression - 45 mins</b> 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.
<b>Advanced - 45 mins</b> 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.
<b>Reformer Advanced Jump- 45 mins</b> 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.
<b>Reformer Activate - 45 mins</b> This 45 minute Reformer Pilates class is designed to help improve mobility, strength, balance and stability in older adults. Simple moves with strong results.
<b>Gel Reformer Fusion- 45 mins</b> 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.

### 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.