

# CARNEGIE MEMORIAL SWIMMING POOL

## GROUP FITNESS TIMETABLE

Commencing Monday 17 March 2025

Bookings required via member portal

| PROGRAM ROOM ONE | MON                   | TUES              | WED                 | THURS               | FRI               | SAT                  | SUN            |                |
|------------------|-----------------------|-------------------|---------------------|---------------------|-------------------|----------------------|----------------|----------------|
|                  | 6.05am                | HITT Circuit      |                     | 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            |                |                |
|                  | 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  | Hatha Yoga |           | Beginners Yoga       | Flow Yoga   |                | Yin Yoga         |
|                    | 9.25am  | Flow Yoga  | Yin Yoga  |                      |             |                |                  |
|                    | 9.30am  |            |           | Qi Gong              |             | 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 |
|          | 8.30am      |                 |             |             |             |                   | Foundation  |
|          | 9.30am      | Foundation      | Progression | Advanced    | Foundation  | Progression       | Progression |
|          | 10.30am     | Progression     | Foundation  | Foundation  | Progression | Foundation        | Foundation  |
|          | 11:30am     | Activate Reform |             |             |             |                   |             |
|          | 12pm        |                 |             |             |             | (1pm) Progression |             |
|          | 4pm         |                 |             |             |             |                   |             |
|          | 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 (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

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

### AQUATIC PROGRAMS

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| <b>Aqua Fitness</b> 45mins<br>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<br>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<br>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

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| <b>Beginners Yoga</b> 55mins<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>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<br>Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping, induced by a guided meditation.  |

### REFORMER PROGRAMS

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| <b>Foundation - 45 mins</b><br>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><br>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><br>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 Activate - 45 mins</b><br>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><br>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.