



CARNEGIE MEMORIAL SWIMMING POOL

GROUP EXERCISE TIMETABLE

Commencing Monday 13 July 2026

For bookings & the most accurate timetable, please refer to the member portal.

PROGRAM ROOM ONE	MON		TUES	WED	THURS	FRI	SAT	SUN
	6.05am	Body Weight Strength (6.15am)	Body Attack	LM Shapes		Body Pump		
	7.00am	Mobilise			Body Balance	Virtual		
	7.30am			Beginners Yoga				
	8.00am		GELFit Strength				Body Pump	
	8.30am	Body Pump		Qi Gong	Dance	Zumba Gold		Tummy, Hips & Thighs
	9am		Activate				Body Balance	
	9.30am	Body Balance		Body Pump	Mat Pilates	Vinyasa Flow		Zumba
	10.00am						Vinyasa Flow	
	10.30am	Slow Flow Yoga	Pilates	Body Balance	Activate	Beginners Yoga		
	10.45am							Restore/Sound (75min)
	11.00am							
	11.30am	Qi Gong	Yin Yoga	Living Stronger	Hatha Yoga	Activate Tai Chi		
	12.30pm	Living Stronger 65+	Chair Yogalates	Virtual Body Attack	Virtual Body Pump		Virtual Pump	Virtual Pump
	1.30pm	Virtual Pump	Boot Scootin			Virtual Body Pump		
	4pm	Virtual Combat	Virtual Pump	Virtual Combat	Virtual Body Pump		Slow Flow Yoga	Virtual Body Combat
	5.15pm	Body Balance		Mat Pilates		Virtual Body Combat	Virtual Attack	
	6.15pm	Body Step	BodyPump	Slow Flow	Body Pump	Restore/Sound (90 min)		
	7.15pm	Restore/Sound (90min)	Body Balance	Zumba	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		Foundation	Progression
	9.30am	Foundation	Progression	Advanced	Foundation	Progression	Progression	Foundation
	10.30am	Progression	Foundation	Progression	Progression	Foundation	Restore	Progression
	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 (LTS POOL)		MON	TUES	WED	THURS	FRI	SAT	SUN
	7am	Aqua HIT (7:15am)		Aqua Fit	Aqua Tone		Aqua Flow (7.10am)	
	7.55am	Aqua Tone	Aqua Tone		Aqua Fit	Aqua HIIT		
	7.15pm		Aqua Fit					
AQUA (WARM WATER POOL)		MON	TUES	WED	THURS	FRI	SAT	SUN
	11.45am	Aqua Flow		Aqua Flow	Aqua Flow	Aqua Flow		
	1pm						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.	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.
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.	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. **
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	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.
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.	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.
Les Mills Body Balance 55mins A yoga, tai chi and pilates workout that builds flexibility and strength, leaving you feeling centred and calm. **	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.
Les Mills Body Combat 55mins/45mins The empowering cardio workout where you are totally unleashed. Inspired by a range of martial arts.	HIIT 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.
Les Mills Body Pump 55mins/45mins The original barbell class that strengthens and tones your entire body to ensure you get results fast.	Body Weight Strength 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.
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.	

AQUATIC PROGRAMS

Aqua Fit 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.	



For bookings & the most accurate timetable, please refer to the member portal via our QR code.

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.

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

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 our equipment. This class is a complete workout challenging the whole body, through progressive sequences building on your strength through specific muscle focus. Participants should have attended at least 3-5 Foundation classes (dependent on experience and ability). Please seek the guidance of your instructor before moving to Progression. We recommend attending our Foundation classes even if you have practiced Pilates elsewhere. Please arrive 5 mins prior to class start time.
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 Reformer Pilates and our Progression classes. Not suitable for pregnancy. Please seek Instructor guidance before progressing to Advanced.
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.
Restorative Reformer - 30 or 45 mins Restorative reformer is a slow-paced, low-impact class focusing on gentle stretching, mindful movement, and deep breathing to reduce stress and improve mobility.

SHOE GUIDE

Appropriate training shoes are required for all classes with the exception of the following:

- Reformer Pilates (Grip socks compulsory)	- Shapes	- Mobilise
- Mat Pilates	- Qi Gong	
- Body Balance	- Yoga	