



Aqua Fit

CLASS TIMES

Monday

8.30am – 9.15am
AQUA MOTION

9.30am – 10.15am
AQUA FIT

6pm – 6.45pm
AQUA MOTION

Thursday

6am – 6.45am
AQUA FIT CORE

8.30am – 9.15am
AQUA MOTION

9.30am – 10.15am
AQUA FIT

12pm – 12.45pm
BABY BOOMERS [^]

6.30pm – 7.15pm
AQUA FIT

CLASS DESCRIPTIONS

AQUA FIT All levels	<ul style="list-style-type: none"> • Cardio/muscle-conditioning workout using aqua equipment
AQUA FIT CORE All levels	<ul style="list-style-type: none"> • Aqua workout targeting lower body while focusing on abdominals
AQUA MOTION All levels	<ul style="list-style-type: none"> • Upbeat aqua class using provided equipment • Fun for all levels
BABY BOOMERS [^] Seniors only	<ul style="list-style-type: none"> • A gentle, low-impact class for over-50s • Focus on strength, mobility, balance and functionality • This introductory class acts as a perfect foundation for those who wish to progress to mainstream aqua classes

SEE INSIDE FOR GROUP FITNESS CLASSES

Wednesday

8.30am – 9.15am
AQUA MOTION

9.30am – 10.15am
AQUA FIT

Saturday

8am – 8.45am
AQUA FIT

Tuesday

8.30am – 9.15am
AQUA MOTION

9.30am – 10.15am
AQUA FIT

6pm – 6.45pm
AQUA MOTION

Friday

8.30am – 9.15am
AQUA MOTION

9.30am – 10.15am
AQUA FIT

Book



online



Leisure World Timetable

Group Fitness and Aqua Fit

CLASS REQUIREMENTS

- Participants must be 15 years or over
- Please bring a towel and water bottle
- Please arrive to class a few minutes early
- Pregnant or injured participants must advise the instructor prior to each class
- A medical clearance is required for any known medical conditions prior to participation
- * Assessment is required (doctor referral) to attend Strength for Life classes



All classes can be booked online

Head to the City's website or follow the QR code above

OPENING HOURS

Monday – Friday: 5.30am – 8pm
Saturday and Sunday: 7am – 5pm

CRECHE: Monday – Friday 8.30am – 12.30pm

LeisureWorld is a universally accessible venue





Group Fitness

CLASS TIMES

Monday

6am – 6.30am
METAFIT

9am – 9.30am
CYCLE X

9.30am – 10am
BOX FIT

10.30am – 11.30am
LES MILLS BODY BALANCE

12pm – 1pm
STRENGTH FOR LIFE (GYM)*

5pm – 5.45pm
LES MILLS BODY PUMP

6pm – 7pm
PILATES

6pm – 7pm
CIRCUIT (GYM)

Thursday

6am – 6.30am
CIRCUIT

9am – 9.30am
ON A ROLL

9.30am – 10.30am
CIRCUIT

10.30am – 11.30am
LES MILLS BODY BALANCE

11.15am – 12.15pm
STRENGTH FOR LIFE (GYM)*

1.15pm – 2pm
DRUMS ALIVE

5.30pm – 6.30pm
PILATES

6pm – 6.30pm
TABATA 30 (GYM)

6.30pm – 7.15pm
CLUB FIESTA

Tuesday

9am – 9.30am
ON A ROLL

9.30am – 10.30am
LES MILLS BODY PUMP

9.30am – 10.30am
CIRCUIT (GYM)

10.30am – 11.15am
CLUB FIESTA

11.15am – 12.15pm
STRENGTH FOR LIFE (GYM)*

5pm – 5.45pm
BOX FIT

6pm – 7pm
STRETCH & RELEASE

Friday

9am – 9.30am
CURLS & CRUNCHES

9.30am – 10.15am
LES MILLS RPM

9.30am – 10am
TRX XPRESS (GYM)

10.30am – 11.15am
LES MILLS BODY PUMP

12pm – 1pm
STRENGTH FOR LIFE (GYM)*

Wednesday

9am – 9.30am
CURLS & CRUNCHES

9.30am – 10.30am
CORE FIT

10.30am – 11.30am
YOGA

12pm – 1pm
STRENGTH FOR LIFE (GYM)*

6pm – 7pm
LES MILLS BODY PUMP

Saturday

8.15am – 8.45am
METAFIT

9am – 10am
LES MILLS BODY PUMP

10am – 11am
YOGA

CLASS DESCRIPTIONS

BOX FIT

All levels

- High-intensity workout with dynamic warm-up
- Combines cardio, strength training and boxing
- Boxing drills, pad work, bag work and partner exercises
- All levels – beginner friendly
- Improve your overall fitness, relieve stress, gain confidence and have fun

CIRCUIT

All levels

- High-intensity cardio and strength training workout
- Move from one station to the next, heart rate elevated throughout the session
- Improve strength, muscular endurance and cardio fitness

CLUB FIESTA

Ages 15+

- A dance party with rhythmic exercises to release endorphins and reduce stress as you sculpt and tone your body to the beat
- Each routine typically has high and low movements which allow everyone to participate regardless of fitness levels

CORE FIT

All levels

- Full-body hybrid workout challenge with a difference
- Use equipment like bands, balls and free weights
- Improve conditioning and strength

CURLS & CRUNCHES

All levels

- Dynamic workout to sculpt and strengthen muscles while having a blast
- Targeted exercises with resistance bands and invigorating crunch variations
- Feel proud and pumped as you improve mid-section tone

CYCLE X

All levels

- Combines cardio, interval training and sometimes upper-body strength exercises
- Enjoy the challenge as you listen to music and are guided by an instructor
- Burn calories as you pedal through various terrains, hills, sprints and endurance rides
- Improve your leg muscles and overall cardio fitness

DRUMS ALIVE

All levels

- Evidence-based drumming program for fitness and health
- Provides 'Whole Brain and Whole Body' workout promoting physical, social, emotional and cognitive wellbeing at all life stages

LES MILLS BODY BALANCE

All levels

- Holistic Yoga/Tai Chi/Pilates workout focused on balance and harmony
- Carefully constructed stretches, moves and poses
- Controlled breathing, concentration and meditation with background music
- Improve flexibility and strength, leaving you feeling centered and calm

LES MILLS BODY PUMP

All levels

- Non-impact class to burn fat and give your body a complete workout
- Use barbells and weights
- Improves metabolism, strength and stamina

LES MILLS RPM

All levels

- Calorie-burning workout
- Develops cardio fitness and improves core strength

METAFIT

All levels

- High-intensity interval training (HIIT) workout
- Boost fitness and rocket energy levels to yield great results in shortest time possible
- Increase your resting metabolic rate to burn more fat

ON A ROLL

All levels

- Relaxing and revitalising class to help release tight and sore muscles
- Use self-massage foam roller and learn how to target trigger points for relief

PILATES

All levels

- Low-impact overall body-conditioning workout
- Pilates techniques focus on core strength, flexibility, and balance
- Use props like resistance bands, balls and rings to help build a balanced body

STRENGTH FOR LIFE (GYM)

* Seniors only

- Strength and training program for the over-50s
- * Assessment required (doctor referral) – Council On The Ageing (COTA)

STRETCH & RELEASE

All levels

- Restorative Tai Chi and Yoga movements, with stretch and release techniques
- Use fit balls, booty bands and foam rollers
- End with self-massage and meditation

TABATA 30 (GYM)

All levels

- High-intensity interval training (HIIT) workout
- 20 seconds of strenuous exercise followed by 10 seconds of rest
- Yield great results in shortest time possible

TRX XPRESS (GYM)

All levels

- Revolutionary suspension training band workout method
- Use your body weight and gravity as resistance
- Develop strength, balance, coordination, flexibility core and joint stability

YOGA

All levels

- Series of guided poses, breathing techniques and relaxation exercises
- Awareness and focus on breath work
- Promotes mental and emotional wellbeing

Book



online

SEE OVERLEAF FOR AQUA FIT CLASSES

PROGRAM PARTNERS

