


Kingsway Indoor Stadium



2025 Group fitness timetable

Only
\$11.50
per week!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8am-8.45am SAS	8.15am-9am SAS	8.15am-9am SAS		
9.15am-10am Pumped	9am-9.45am SAS	9.15am-10am Glute FX	9.15am-10am C4 Strength	9am-9.45am SAS	9.15am-10am metafit + Core FX
10.15am-11am Yin Yoga	10am-10.45am Pilates	10.15am-11am Stretch & Flex	10.15am-11am Yoga Flow	10am-10.45am Pilates	
	5.30pm-6.15pm meta PWR	5.30pm-6.15pm Pumped			
6pm-6.30pm C4 HIIT			6pm-7pm 		
6.30pm-7.15pm ABT		6.30pm-7.15pm Pilates			

Kickstart your fitness

30 DAYS FOR \$30*



Enjoy access to all
group fitness classes.

*Conditions apply, new members only.



Class descriptions

ABT

Tighten and tone your lower body with this low impact core conditioning class that targets your abs, butt and thighs.

C4 HIIT

A high intensity 30 minute class designed to spike your metabolism and have you burning calories long after you have finished the workout.

C4 Strength

A strength and conditioning class using weights and body weight exercises for a total body approach to improve your muscle mass.

Club Fiesta

Combining fitness and dance, to exotic rhythms to burn fat, tone and sculpt your body by releasing endorphins to reduce stress.

GluteFX

Maximising the power in your glutes will help you unlock better posture, training and functional strength to help you in and out of the gym.

Metafit and CoreFX™

Designed to boost your fitness, rocket your energy levels and get massive results in the shortest amount of time possible, teamed with the functionality of core training.

MetaPWR™

An equipment based circuit style class using 'non-traditional' strength training exercises to develop power, strength, agility and cardiovascular fitness.

Pilates

This class works on core strength, posture, stability and flexibility whilst improving quality of movement. Bring your own mat or you are welcome to use one of ours.

Pumped

A high repetition, low weight range class that is choreographed to music, each track will focus on your major muscle groups to leave you feeling lean and strong.

S.A.S

Strong Active Seniors is a fun, fitness session aimed at the mature 50+. This class will give you a mix cardio, strength and functional training for a balanced workout. A medical clearance may be required to participate.

Stretch and Flex

A stretching and mobility class that aims to improve functional capacity, recovery, and prevent injury.

Yin Yoga

A slow-paced style of yoga holding postures for longer periods than other styles of yoga. It works deeply into the connective tissues, fascia, ligaments and joints of the body.

Yoga Flow

This class is about a fluid practice combining breath, movement and awareness to facilitate strength, mobility, focus and relaxation for all fitness levels. Bring your own mat or you are welcome to use one of ours.

Timetable is subject to change. Disclaimer: No joining or cancellation fees. Sign-up with no lock-in contract, cancel any time. Conditions apply. Concession discounts are available to all senior citizens, full-time students and health care cardholders (identification card required).



Find out more at
wanneroo.wa.gov.au/kingsway

