

# Wanneroo Aquamotion

## Group fitness timetable 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am-5.30am <b>BODYPUMP®</b> Virtual	5am-5.30am <b>GRIT STRENGTH®</b> Virtual	5am-5.30am <b>BODY COMBAT®</b> Virtual	5am-5.30am <b>GRIT STRENGTH®</b> Virtual	5am-5.30am <b>BODY ATTACK®</b> Virtual	
6am-6.45am <b>BODY COMBAT®</b>	6am-6.45am <b>Spin</b>	6am-6.45am <b>BODYPUMP®</b>	6am-6.45am <b>Spin</b>	6am-6.45am <b>BODYPUMP®</b>	7am-7.30am <b>GRIT CARDIO®</b> Virtual
8am-8.45am <b>BODY BALANCE®</b> Virtual	6am-6.45am <b>Aqua Fit</b>	8am-8.45am <b>BODY BALANCE®</b> Virtual	6am-6.45am <b>Aqua Fit</b>	7.15am-8am <b>SAS</b>	7.40am-8.25am <b>Aqua Fit</b>
8am-8.45am <b>Aqua Fit</b>	7.15am-8.00am <b>Aqua Fit</b>	9am-9.45am <b>Metafit &amp; Core FX</b>	8.00-8.45am <b>Aqua Fit</b>	9am-9.45am <b>MetaPWR</b>	8am-8.45am <b>BODYPUMP®</b>
9am-9.30am <b>C4 HIIT</b>	9am-9.45am <b>MetaPWR</b>	10am-10.45am <b>Yoga Flow</b>	9am-9.45am <b>Spin</b>	10am-10.30am <b>Spin HIIT</b>	9am-9.45am <b>BODY COMBAT®</b>
9.45-10.30am <b>BODYPUMP®</b>	10am-10.30am <b>Spin HIIT</b>	12pm-12.30pm <b>GRIT STRENGTH®</b> Virtual	10am-10.45am <b>BODYPUMP®</b>	10.45-11.30am <b>BODY BALANCE®</b> Virtual	10am-10.45am <b>BODY BALANCE®</b> Virtual
10.45-11.30am <b>Pilates</b>	10.45-11.30am <b>BODY BALANCE®</b> Virtual		11am-11.45am <b>Pilates</b>		<b>Sunday</b>
1pm-2pm <b>Aqua Nifty 50s</b>	1pm-2pm <b>Aqua Nifty 50s</b>	1pm-2pm <b>Aqua Nifty 50s</b>		1pm-2pm <b>Aqua Nifty 50s</b>	8.30-9.15am <b>BODY ATTACK®</b> Virtual
5.40pm-6.10pm <b>Spin HIIT</b>	4pm-4.45pm <b>BODY COMBAT®</b> Virtual	5.40pm-6.10pm <b>Spin HIIT</b>	4pm-4.30pm <b>BODY ATTACK®</b> Virtual	4.30pm-5pm <b>GRIT CARDIO®</b> Virtual	9.30-10.15am <b>BODY PUMP®</b> Virtual
6.20pm-7.05pm <b>BODYPUMP®</b>	5.30pm -6.15pm <b>C4</b>	6.20pm-7.05pm <b>BODYPUMP®</b>	5.30-6.15pm <b>BODY COMBAT®</b>		10.30-11.15am <b>BODY COMBAT®</b> Virtual
7.30pm-8.15pm <b>BODY BALANCE®</b> Virtual	6.20pm-7.05pm <b>Yoga Flow</b>	7.30pm-8.15pm <b>BODY BALANCE®</b> Virtual	6.20pm-7.05pm <b>Yoga Flow</b>		11.30-12.15am <b>BODY BALANCE®</b> Virtual

# Group fitness class descriptions

Class held by a live instructor in the group fitness room

Class held in the pool

Class held by a virtual trainer in the group fitness room

**Aqua Fit** - Ideal if you are recovering from an injury or are looking for a low impact routine. You will still be burning and toning in the water.

**Aqua Nifty 50s** - A gentle, fun aqua class all about socialising and enjoying exercise.



- Yoga, Tai Chi, Pilates workout that builds flexibility/strength and leaves you centered and calm. Bring your own mat or you are welcome to use one of ours.



- A fiercely energetic program inspired by mixed martial arts. Strike your way through calories.



- Focusing on low weight loads and high repetition movements, you'll burn fat and gain strength.

**C4 and C4 HIIT** - This total body circuit will get your heart pumping, muscles toning, fat burning and your fitness peaking.

**CoreFX** - A core fitness class designed with more than your six-pack in mind. Improve your functional strength and work towards injury prevention.



® - Designed to boost your fitness, rocket your energy levels and get massive results in the shortest amount of time possible.



- 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.

**Spin** - An intense cardio workout that caters to all fitness levels. Be lead through stages to maximise your caloric burn.

**Spin Hiit** - 30 minutes of intense freestyle cycling. Maximum power equals maximum results.

**YogaFlow** - 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.

## General information

- Please arrive at least 10 minutes prior to class with a towel and water
- Please inform the instructor of any injuries or conditions that may affect your ability to exercise
- For your safety, no one shall be allowed entry once warm up has commenced
- Class timetables may vary on public holiday