

Wanneroo Aquamotion

Group fitness timetable 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am-6.45am BODYCOMBAT	6am-6.45am Spin	6am-6.45am BODYPUMP	6am-6.45am Spin	6am-6.45am BODYPUMP	
8am-8:45am Aqua Fit	6am-6:45am Aqua Fit	7.15am-8am Aqua Fit	6am-6:45am Aqua Fit	7:15am-8am SAS	7.40am-8.25am Aqua Fit
9am-9:30am C4 HIIT	9am-9.45am meta PWR	9am-9.45am metafit + Core FX	8am-8:45am Aqua Fit	9am-9.45am meta PWR	8am-8.45am BODYPUMP
9:45am-10:30am BODYPUMP	10am-10.30am Spin HIIT	10am-10.45am Yoga Flow	9am-9.45am Spin	10am-10.30am Spin HIIT	9am-9.45am BODYCOMBAT
10:45am-11.30am Pilates			10am-10:45am BODYPUMP		
1pm-2pm Aqua Nifty 50's	1pm-2pm Aqua Nifty 50's	1pm-2pm Aqua Nifty 50's	11am-11.45am Pilates	1pm-2pm Aqua Nifty 50's	
5.40pm-6.10pm Spin HIIT	5.30pm-6.15pm C4	5.40pm-6.10pm Spin HIIT	5.30pm-6.15pm C4 Strength		
6.20pm-7.05pm BODYPUMP	6.20pm-7.05pm Yoga Flow	6.20pm-7.05pm BODYPUMP	6.20pm-7.05pm Yoga Flow		

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

Group fitness class descriptions

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. (45 minutes)

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

Bodypump [™] / **Pumped** - A high repetition, low weight class that is choreographed to music. Each track will focus on your major muscle groups to leave you feeling lean and strong.

C4 and C4 HIIT - This total body circuit will get your heart pumping, muscles toning, fat burning and your fitness peaking. (C4 HIIT-30 mins)

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

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

MetaPWR [™] - MetaPWR is an equipment based circuit style class using 'non-traditional' strength training exercises to develop power, strength, agility and cardiovascular fitness.

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

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.

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

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.