

Group Fitness Timetable

Main Studio (Room 4)

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|----------------------------|----------------------------|----------------------|------------------------------|------------------------|----------------------|---------------------|
| 6:10 AM | NEW Body Pump HEAVY | Body Step | Body Pump | Les Mills Grit | Body Pump | | |
| 7:05 AM | Virtual LM Core | NEW Body Pump HEAVY | Circuit | Virtual Body Balance | Les Mills Core | BoxingFit | |
| 8:10 AM | Active Adults Cardio | Active Adults Strength | Les Mills Core | | Active Adults Combo | Body Pump | Body Attack |
| 9:15 AM | Body Pump | HIIT + Core | Body Pump | LowerBody + Core | Body Attack | Body Step | Body Pump |
| 10:20 AM | LowerBody + Core | Body Pump | Zumba | NEW Les Mills Thrive* | Body Pump | HIIT + Core | Zumba |
| 11:25 AM | | Zumba Gold | | Body Pump | Zumba Gold | | Body Step |
| 12:30 PM | Active Adults Combo | | Active Adults Cardio | Virtual LM Core | Les Mills Thrive* | Zumba | Virtual Body Combat |
| 1:30 PM | | | | Active Adults Combo | Active Adults Strength | Virtual Body Balance | Virtual Body Pump |
| 2:30 PM | Virtual Body Combat | Virtual Body Balance | Virtual Body Pump | Virtual LM Core | Virtual Body Pump | Virtual Body Attack | Virtual Grit |
| 3:30 PM | Virtual Body Attack | Virtual Grit | Virtual Body Combat | Virtual Body Pump | Virtual Body Attack | Body Pump | Virtual LM Core |
| 4:30 PM | | | | | | Virtual LM Core | Virtual LM Dance |
| 5:30 PM | Body Pump | BoxingFit | Body Step | Zumba | Body Pump | Virtual Body Combat | Virtual Body Pump |
| 6:35 PM | Body Step | Body Pump | Body Attack | BoxingFit | Virtual LM Core | Virtual Body Balance | Virtual Body Attack |
| 7:40 PM | Zumba | HIIT + Core | Body Pump | NEW Body Pump HEAVY | Virtual LM Dance | | |
| 8:45 PM | Virtual Body Balance | Virtual LM Dance | Virtual Body Attack | Virtual Body Balance | Virtual Body Combat | | |

Virtual Class =



Active Teen =



Active Adults =



* = Also available to Active Adult Members

As of February 2026. Timetable subject to change.

Email info@northcoteaquaticreccentre.com.au for more info.

Group Fitness Timetable

Wellness Studio (Room 1)

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--|----------------------|---------------------------|---------------------------|----------------------|-------------------|------------------------|
| 6:10 AM | | Vinyasa Yoga | Mat Pilates | Strong & Stretched | Body Balance | | |
| 7:00 AM | Iyengar Yoga | | | Iyengar Yoga | Hatha Yoga | | |
| 8:10 AM | Chair Yoga* | Les Mills Shapes | BarreFusion | Active Adults Yoga | Les Mills Shapes | Body Balance | Slow Flow Yoga |
| 9:15 AM | Mat Pilates | BarreFusion | Body Balance | Mat Pilates | Vinyasa Yoga | BarreFusion | Body Balance |
| 10:20 AM | Tai Chi* | Vinyasa Yoga | Les Mills Pilates | Body Balance | Yin Yoga | Les Mills Pilates | BarreFusion |
| 11:25 AM | Vinyasa Yoga | Mat Pilates | Chair Yoga* | Active Adults Mat Pilates | Body Balance | Vinyasa Yoga | |
| 12:30 PM | BarreFusion | Active Adults Qigong | | Vinyasa Yoga | Active Adults Yoga | | |
| 1:35 PM | Active Adults Balance, Stretch, Myo Fascia Release | | Tai Chi* | Meditation 30 mins* | | | |
| 2:30 PM | | Active Adults Yoga | Active Adults Mat Pilates | Active Adults Barre | Active Adults Qigong | | |
| 3:30 PM | | | | | | | |
| 4:30 PM | Teen Mat Pilates | Barre Fusion | Mat Pilates | Teen Yoga | | Restorative Yoga | |
| 5:30 PM | Les Mills Shapes | Les Mills Pilates | Body Balance | Strong & Stretched | Yin Yoga | | 5pm - Yang to Yin Yoga |
| 6:30 PM | Body Balance | Slow Flow Yoga | Meditation 45m* | Slow Flow | | | |
| 7:35 PM | Slow Flow Yoga | Body Balance | Yin Yoga | Vinyasa Yoga | | | |
| 8:40 PM | | Yin Yoga | | | | | |

Active Teen = 

Active Adults =  * = Also available to Active Adult Members

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Group Fitness Timetable

Aqua Group Fitness

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------------------|--------------------------|-------------------------|--------------------|---------|----------|---------|
| 6:10 AM | AquaRun | | | | AquaRun | | |
| 7:15 AM | | AquaFit | | Deep Water Aqua | | AquaFit | |
| 8:15 AM | AquaFit | AquaFit | Active Adults Aqua | AquaFit | AquaFit | AquaFit | AquaFit |
| 9:15 AM | | | | | | | |
| 10:30 AM | | | AquaFit | | | | |
| 11:20 AM | | Deep Water Aqua 50m Pool | | | | | |
| 12:25 PM | | | | Active Adults Aqua | | | |
| 1:30 PM | Active Adults Aqua | | Active Adults Warm Aqua | | | | |
| 6:15 PM | | | | | | | |
| 7:15 PM | | AquaFit | AquaFit (7.30pm) | | | | |

Active Adults = 

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Group Fitness Timetable

Cycle Studio (Room 5)

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|-------------------|--------------------|---------------------|--------------------|-------------------|-------------------|-------------------|
| 5:20 AM | Virtual LM Sprint | Virtual RPM | Virtual LM Sprint | Virtual RPM | Virtual LM Sprint | | |
| 6:10 AM | RPM | LM Sprint (6.15am) | RPM | LM Sprint (6.15am) | Cycle | Virtual LM Sprint | |
| 7:10 AM | LM Sprint | Cycle | Virtual Sprint | Cycle | LM Sprint | Cycle | |
| 8:15 AM | | Virtual The Trip | Active Adults Cycle | Virtual RPM | | RPM | Cycle |
| 9:15 AM | Cycle | RPM | Cycle | Cycle | LM Sprint | LM Sprint | Cycle |
| 10:15 AM | Virtual The Trip | | Virtual The Trip | | Cycle | | Virtual RPM |
| 11:20 AM | | | | | | Virtual RPM | Virtual The Trip |
| 12:25 PM | Virtual RPM | Virtual LM Sprint | Virtual RPM | Virtual The Trip | Virtual RPM | Virtual The Trip | Virtual LM Sprint |
| 2:30 PM | Virtual LM Sprint | Virtual The Trip | Virtual LM Sprint | Virtual RPM | Virtual The Trip | Virtual LM Sprint | Virtual RPM |
| 5:00 PM | | | | | LM Sprint | | |
| 5:30 PM | Cycle | LM Sprint | Cycle | RPM 60m | | Virtual RPM | Cycle |
| 6:30 PM | RPM | RPM | Virtual The Trip | | Virtual RPM | Virtual The Trip | Virtual LM Sprint |
| 7:30 PM | Virtual LM Sprint | Virtual The Trip | Virtual RPM | Virtual LM Sprint | Virtual The Trip | | |
| 8:30 PM | Virtual The Trip | Virtual LM Sprint | Virtual The Trip | Virtual RPM | Virtual LM Sprint | | |

Virtual Class = 

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Group Fitness Timetable

NARC Reformer Studio (Room 2)

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|------------------------|------------------------|------------------------|-----------------------------|------------------------|-----------------------------|---------------------|
| 6:15 AM | Reformer | Reformer | Reformer | Reformer | Reformer | | |
| 7:15 AM | Reformer | Athletic Reformer | Reformer | Athletic Reformer | Reformer | Reformer | |
| 8:15 AM | Athletic Reformer | Reformer | Athletic Reformer | Reformer | Reformer | Reformer | Reformer |
| 9:15 AM | Reformer | Reformer | Foundation Reformer | Reformer | Reformer | Reformer | Athletic Reformer |
| 10:15 AM | Reformer | Reformer | Reformer | Foundation Reformer | Reformer | Foundation Reformer | Reformer |
| 11:20 AM | Reformer | Reformer | Reformer | Reformer | | Reformer (11.15am) | Reformer (11.15am) |
| 12:25 PM | Active Adults Reformer | Reformer | Reformer | Reformer | Reformer | | |
| 1:30 PM | Reformer | Active Adults Reformer | Active Adults Reformer | Reformer | | | |
| 2:30 PM | Reformer | Reformer | Foundation Reformer | Stretch & Mobility Reformer | Active Adults Reformer | Active Adults Reformer | |
| 3:30 PM | Reformer | Reformer | Reformer | Athletic Reformer | | Stretch & Mobility Reformer | Reformer |
| 4:30 PM | Reformer | Reformer | Reformer | Reformer | Reformer | Reformer | Foundation Reformer |
| 5:30 PM | Reformer | Foundation Reformer | Reformer | Reformer | Reformer | Reformer | Reformer |
| 6:30 PM | Reformer | Reformer | Reformer | Foundation Reformer | | | |
| 7:30 PM | Reformer | Reformer | Reformer | Reformer | | | |

Active Adults = 

Athletic = 

Foundation = 

Stretch & Mobility = 

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Group Fitness Timetable

Narrandjeri Reformer Studio

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|-------------------|------------------|------------------|------------------|--------------------------|
| 6:00 AM | Reformer | Reformer | Reformer | Reformer | Reformer |
| 7:00 AM | Reformer | Reformer | Reformer | Reformer | Reformer |
| 8:00 AM | Reformer | Reformer | Reformer | | Foundation Reformer |
| 9:00 AM | Reformer | Reformer | Reformer | Reformer | Reformer |
| 10:00 AM | Reformer | | | Reformer | Pre/Post Natal Reformer* |
| 11:00 AM | | Reformer | | | Reformer |
| 12:00 PM | | | | | |
| 1:00 PM | | | | | |
| 2:00 PM | Virtual Reformer | Virtual Reformer | Virtual Reformer | Virtual Reformer | Virtual Reformer |
| 3:00 PM | Virtual Reformer | Virtual Reformer | Virtual Reformer | Virtual Reformer | Virtual Reformer |
| 4:00 PM | Reformer | Reformer | Reformer | Reformer | Virtual Reformer |
| 5:00 PM | Reformer | Reformer | Reformer | Reformer | Virtual Reformer |
| 6:00 PM | Reformer | Reformer | Reformer | Reformer | Virtual Reformer |
| 7:00 PM | Athletic Reformer | Reformer | Reformer | Reformer | Virtual Reformer |
| 8:00 PM | Virtual Reformer | Virtual Reformer | Virtual Reformer | Virtual Reformer | Virtual Reformer |

Foundation = 

Pre/Post Natal * = 

Athletic = 

Virtual Class = 

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Functional Training Timetable

Gym (Skill X Area)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Sat | Sun |
|----------|---------|---------|------------------------|--------------|---------|---------|---------|
| 7:00 AM | Skill X | Skill X | Skill X | Skill X | Skill X | | |
| 8:15 AM | | | | | | Skill X | Skill X |
| 12:00 PM | Skill X | | Skill X | | Skill X | | |
| 4:30 PM | | | Active Teen Skill X | | | | |
| 6:30 PM | SGT | SGT | Skill X | SGT (7.30pm) | | | |

Active Teen = 

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Class Descriptions

| Class Name | Studio | Description |
|---|-----------------|---|
| Active Adults Aqua | 25m Indoor Pool | Slower pace Aqua class using a variety of Aqua equipment to fun and upbeat music. |
| Active Adults Barre | Wellness Studio | A Barre class designed specifically for Active Adults that fuses the concepts of balance, coordination and strength. Enjoy this fun, fitness workout that uses props such as Pilates balls and light dumbbells at the barre. This class has no jumping or floorwork. (Class can be done with or without shoes?). |
| Active Adults Cardio | Main Studio | A cardio workout designed for over 60s, that will help improve heart and lung fitness as well as your balance and coordination. Feel fabulous and fit moving to inspiring music. |
| Active Adults Combo | Main Studio | This class combines low impact aerobics, strength exercises and balance, using various equipment, designed for over 60s. This class has everything – great music, movement and friends. |
| Active Adults Mat Pilates | Wellness Studio | Gentle over 60s mat Pilates session. Using the Pilates method to help improve your balance, flexibility and strength. |
| Active Adults Qigong | Wellness Studio | A mindful movement modality which teaches us to embody being in the present moment by consciously breathing, gently moving, being still, and being aware of the subtle flow of our energy. A typical qigong class will incorporate a mindfulness/meditation at the beginning, easeful dynamic movement for the whole body, ending with a relaxation at the end. Suitable for everybody. |
| Active Adults Reformer Pilates | Reformer Studio | A full body workout, specifically designed for over 60s, using spring loaded resistance reformer beds. Low impact to improve flexibility & strength. |
| Active Adult Strength | Main Studio | Over 60s strength-based class of functional strength exercises using your body weight, balls and light hand weights. These exercises will strengthen your muscles so that everyday tasks remain easy and enjoyable. |

| Class Name | Studio | Description |
|--|--------------------------|---|
| Active Adults Balance, Stretch & Myo Fascia Release | Wellness Studio | This class offers a unique blend of exercises and movements that focus on core stability for better balance. A range of active and passive stretches aimed at improving flexibility & mobility. The role of the Myo fascia release aspect is to help improve your posture, release trigger points by applying gentle pressure with massage balls and rollers . Resulting in lean and pliable muscles leaving you feeling invigorated. |
| Active Adults Warm Aqua | Warm Water Pool | Gentle aqua session held in the warm water pool. Your instructor will guide you through slow and controlled movements, without the use of music or a microphone. |
| Active Adults Yoga | Wellness Studio | Gentle Yoga class, specifically designed for over 60s. |
| Aqua Deep Water | Deep End 25m or 50m Pool | A cardiovascular workout that takes place in the deep water of the pool. The class uses a buoyancy belt to keep participants afloat, which makes it a no-impact workout suitable for all fitness levels, including those with injuries or limitations. The class requires water confidence, conducted deep end of 25m or outdoor 50m pool. |
| Aqua Run | 25m or Outdoor 50m Pool | A higher intensity deep water workout where patrons should be comfortable working out in deep water. Aqua flotation belts are optional. Class conducted at the deep end of the 25m pool or outside 50m pool. |
| AquaFit | 25m Indoor Pool | High-energy water workout which is delivered with upbeat music designed to protect joints with low-impact movements to improve muscular strength, cardiovascular fitness, flexibility and overall health. Combination of body weight exercises, using water as resistance, and equipment-based exercises such as dumbbells, kickboards and noodles. |
| BarreFusion | Wellness Studio | A fusion of ballet, yoga and Pilates. Designed to challenge core stability and balance using body weighted movements, light hand weight, Pilates rings and balls. Class can be conducted with a barre, Barre-less or Ballet Barre. |
| Body Attack | Main Studio | A high-energy fitness class with moves that cater for total beginners to the experienced. Body Attack combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. |

| Class Name | Studio | Description |
|------------------------|-----------------|--|
| Body Balance | Wellness Studio | A yoga-based fitness class that combines simple yoga movements with elements of Tai Chi and Pilates. The class is designed to improve your mind, body, and life by increasing flexibility, core strength, and reducing stress levels. You can expect to bend and stretch through a series of simple yoga moves with an inspiring soundtrack in the background. |
| Body Pump | Main Studio | The original barbell class that strengthens and tones your entire body to ensure you get results fast. Using a combination of motivating music, fantastic instructors, and scientifically proven moves to help achieve fitness targets. |
| Body Pump HEAVY | Main Studio | BODYPUMP HEAVY™ is tempo-based weightlifting that switches on your metabolic engine to build lean muscle like nothing else. Drawing on traditional lifting techniques, each class challenges strength, builds lean muscle, and drives measurable performance gains. It's simple to do and the slow tempo with lots of recovery periods allows for expert coaching, so you master form and technique. |
| Body Step | Main Studio | A pre-choreographed energizing full body cardio step workout to upbeat music. Body Step uses a height-adjustable step and simple movements on, over and around the step. Cardio blocks increase intensity and muscle shape and tone. |
| BoxingFit | Main Studio | A cardio and strength workout featuring boxing training techniques, including skipping, boxing drills, and abdominal workouts. will work up a sweat, increase heart rate and tone muscles in a group atmosphere. |
| Circuit | Main Studio | A workout that involves performing different exercises in small groups using dumbbells, barbells and bodyweight exercises. This class works on cardiovascular fitness and muscle toning and is suitable for all fitness levels. |
| Cycle | Cycle Studio | An indoor cycling class where the instructor creates the workout. Sessions may include climbing, sprinting and interval training. |
| HIIT + Core | Main Studio | High Intensity Interval Training – 30 minutes of interval-based training, work as hard as you can and then recover. HIIT is scientifically proven to get results fast. Bonus core exercises for a dynamic finish. |

| Class Name | Studio | Description |
|--------------------------------------|--------------------------------------|---|
| Les Mills Pilates | Wellness Studio | Traditional Pilates meets the Les Mills experience, leaving you feeling strong, uplifted, and calm. Slow, simple movements tone your abs, glutes, back, and hips. Expert guidance builds technique and control. Modern breathwork creates renewal and bliss. |
| Les Mills Shapes | Wellness Studio | LES MILLS SHAPES™ is an invigorating blend of Pilates, sculpt, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training. |
| Les Mills Sprint | Cycle Studio | High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. Personalized coaching with intervals of strength, speed and power will push you to the max. |
| Les Mills Thrive | Main Studio | A 45-minute low-impact session that helps you feel fit, strong and in control - whatever your fitness level. Moving at your own pace, you can improve lower body and core strength, flexibility and balance. This class is open to all levels. |
| Mat Pilates | Wellness Studio | The Pilates method is designed to strengthen your deep core muscles, which in turn raises your stability & mobility allowing you to move freely with confidence. A variety of props can be incorporated into exercises such as balls, bands and Pilates rings to tone and strengthen your body. |
| Meditation | Wellness Studio | Be guided towards a calm, clear, observant mind. Learn breathing techniques, experience sound meditation, try visualization and relaxation techniques, to help reduce stress, anxiety and improve your overall wellbeing. |
| Reformer Pilates - Athletic | Reformer Studio / Narrandjeri Studio | The perfect session to get your heart rate pumping. Pilates apparatus used to elevate your practice, changes of pace with dynamic movements. Great for intermediate level. Not suitable for beginners, pre-natal or those recovering from injury. Must be confident on the Reformer. |
| Reformer Pilates - Foundation | Reformer Studio / Narrandjeri Studio | New to Reformer? This class is for you! A beginner class, designed to get you comfortable on the Reformer carriage, teaching basic movements with minimal equipment. |

| Class Name | Studio | Description |
|--|--------------------|--|
| Reformer Pilates - Pre / Post Natal | Narrandjeri Studio | Move with confidence with our qualified Pre/Post Natal Instructor. This session is tailored for all stages from pregnancy up to 12 months post-natal, involving a full body workout to improve strength, tone and mobility. Please speak to your health care professional to decide whether Reformer Pilates is best for you during this special time. |
| Reformer Pilates - Stretch & Mobility | Reformer Studio | Low impact Reformer Pilates class. Suitable for those looking for a lower intensity class to improve flexibility, balance and strength using minimal props with slow controlled moves. Class not structured for rehabilitation purposes. |
| Reformer Pilates | Reformer Studio | Our Reformer Pilates classes are designed for all fitness and ability levels, to improve fitness, movement, and flexibility. Your friendly instructor will offer progressions and regressions throughout the session. |
| RPM | Cycle Studio | A pre-choreographed group indoor cycling workout where you control the intensity. Ride the rhythm of powerful music to a calorie burning endorphin high, and strengthen your heart, lungs and legs. |
| SkillX | Gym Floor | Small group training - 45-minute session held in the gym. Improve your strength, power and cardio fitness with one of our knowledgeable trainers, using the Technogym formula. |
| SGT (Small Group Training) | Gym Floor | Elevate your strength, fitness and performance in our 45m small group training session. With a cap of 12 participants per class, you'll benefit from focused coaching, ensuring proper technique, a workout that involves performing different exercises using dumbbells, kettlebells, barbells and bodyweight exercises. |
| Strong & Stretch | Wellness Studio | Improve flexibility, stability and strength for everyday living with a class that draws upon the best of Pilates, Yoga and Functional Training. In addition to balance and body toning exercises, this class teaches stretching and release techniques to support both fitness training and workplace demands. This class caters for all levels. |
| Tai Chi | Wellness Studio | Tai Chi is a moving meditation in the form of a series of gentle exercises that create harmony between the mind and Body. Promotes mental awareness, improves balance, control and wellbeing. |
| LowerBody + Core | Main Studio | A lower body conditioning class focusing on toning and strengthening the glutes, hips, quads, hamstrings, adductors, core and pelvic floor. Suitable for all fitness. |

| Class Name | Studio | Description |
|---------------------------------|--------------------|--|
| Virtual Body Attack | Main Studio | Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Energising cardio class. Bring your towel and drink bottle. |
| Virtual Body Balance | Main Studio | Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Bring your towel and drink bottle. |
| Virtual Body Combat | Main Studio | Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Energic martial arts-inspired class, all fitness levels welcome. Please bring your towel and drink bottle. |
| Virtual Body Pump | Main Studio | Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Strength-based class; equipment required barbell, weights and a bench. Please bring your towel and drink bottle. |
| Virtual Grit | Main Studio | Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. 30-minute-high intensity interval training workouts that focus on Strength, Cardio or Plyometrics. Please bring your towel and drink bottle. |
| Virtual Les Mills Core | Main Studio | Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Core conditioning class, equipment required: weight plates and smart band. Please bring your towel and drink bottle. |
| Virtual LM Dance | Main Studio | Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Fun and energetic dance class. Please bring your towel and drink bottle. |
| Virtual LM Sprint | Cycle Studio | Virtual screen bursts into life at the start of the class and you follow the instructions on the screen. Indoor cycling class using resistance to simulate sprints, power attacks, hill climbs in a theatre setting. |
| Virtual Reformer Pilates | Narrandjeri Studio | Experience personalised Reformer Pilates at your own pace with our virtual classes at the Narrandjeri studio. Book a 45m session and access a fully equipped Reformer bed and props in a dedicated space. Select your preferred class & duration via the kiosk screen and enjoy a private class using your own headphones for clear, guided instructions. Please check in at reception upon arrival to be marked off for the class - BYO Bluetooth headphones. |

| Class Name | Studio | Description |
|---------------------------|-----------------|--|
| Yoga - Chair | Wellness Studio | Uses a chair as a prop for support and balance, making it perfect for seniors and people with injuries and health conditions who want to improve their fitness and balance but can't get up and down from the ground. We include seated and standing options (where appropriate) to let participants choose their level of challenge. Classes also include breathwork and guided meditation to relax the nervous system and calm the mind. |
| Yoga - Hatha | Wellness Studio | Classical yoga asana (postures), breath work, and gentle warming movements to build strength, flexibility and relaxation. Focus on standing poses and basic seated work that is suitable for all levels. |
| Yoga - Iyengar | Wellness Studio | This style of Yoga includes the use of props to help participants gain the correct alignment suitable for their individual body. |
| Yoga - Restorative | Wellness Studio | 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. |
| Yoga - Slow Flow | Wellness Studio | A slower-paced form of yoga, incorporating a combination of traditional yoga poses that flow from one to the next and are often held for longer during the sequence. |
| Yoga - Vinyasa | Wellness Studio | A combination of foundation postures with progressions to try if you choose. Sequencing will flow using breath, strength, flexibility and balance. Suitable for all levels with plenty of options to suit your body. |
| Yoga - Yang to Yin | Wellness Studio | Explore the balance of a Yang to Yin Yoga practice. 45 minutes of dynamic Vinyasa to build strength, flexibility and balance whilst linking breath to movement. 30 minutes of restorative Yin to slow down, release connective tissue with longer holds of shapes and to cultivate a deep sense of spaciousness and inner calm. |
| Yoga - Yin | Wellness Studio | 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. Powerful practice to alleviate stress and deeply release tension and tightness in the body. |
| Zumba | Main Studio | A dance-based class using Latin and World rhythms for a total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility. |
| Zumba Gold | Main Studio | 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. |