

SOMERVILLE RECREATION CENTRE

REFORMER PILATES STUDIO

	MON	TUES	WED	THURS	FRI	SAT
8:10AM	REFORMER MOMENTUM				REFORMER CLASSIC	REFORMER HYBRID
9:15AM	REFORMER CLASSIC	REFORMER HYBRID		REFORMER CLASSIC	REFORMER HYBRID	
10:15AM	REFORMER SKILLS	REFORMER MOMENTUM	REFORMER MOMENTUM			
10:45AM					REFORMER SKILLS	
5:30PM	REFORMER CLASSIC	REFORMER CLASSIC		REFORMER HYBRID		

GROUP FITNESS STUDIO

	MON	TUES	WED	THURS	FRI
8:10AM	HIIT CYCLE			MAT PILATES	CORE & MORE
9:00AM					ZUMBA
9:15AM	BURN IT	CORE & MORE	BODY PUMP	HIIT STRENGTH	
10:15AM	MOMENTUM	PRIME MOVERS	ZUMBA	PRIME MOVERS	BODY PUMP
11:15AM	YOGA	AGESTRONG ENTRY	PRIME BAR	AGESTRONG ENTRY	BODY BALANCE
12:15PM					PRIME MOVERS
4:30PM	MAT PILATES (held in Reformer Studio)				
5:00PM	ZUMBA		ZUMBA		
5:30PM	BODY BALANCE				

MULTIPURPOSE STUDIO

	MON	TUES	WED	THURS	FRI
9:15AM	MAT PILATES				
6:00PM	CORE & MORE				

ALL ACCESS CLASSES - ELIGIBILITY REQUIRED



DOWNLOAD THE ACTIVE
WORLD APP TO BOOK
YOUR GROUP FITNESS
CLASSES



TIMETABLE

AUTUMN/WINTER 2024 EFFECTIVE FROM MONDAY 29 APRIL

Classes and instructors are subject to change. Always check Active World app for most up to date class schedule. For safety and OH&S, the instructor has discretion to not allow you to participate in a class once it has started. Bring a towel and drink bottle to all classes. Casual participants must be 16 years and older. Consult your doctor prior to participating in any group fitness class. Some classes are not suitable to do whilst pregnant. If you are unsure, contact your doctor and let the group fitness instructor know.

CIVIC RESERVE
RECREATION CENTRE

PELICAN PARK
RECREATION CENTRE

SOMERVILLE
RECREATION CENTRE

PELICAN PARK RECREATION CENTRE

GROUP FITNESS STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:05AM	CARDIO STRENGTH	CORE & MORE	CARDIO STRENGTH	STRETCH & STRENGTH	CARDIO STRENGTH		
8:30AM	SPIN	MOMENTUM				RPM	
9:25AM	CARDIO BLAST	BODY PUMP	BURN IT	BODY PUMP	BURN IT	BODY PUMP	
10:00AM		CONNECT30 FUNCTIONAL		CONNECT30 FUNCTIONAL			
10:35AM	PILATES	BODY BALANCE	STRETCH & STRENGTH	PILATES	STRETCH & STRENGTH		BODY BALANCE
12:00PM	AGESTRONG ENTRY						
1:00PM	AGESTRONG CHAIR		AGESTRONG MAINTENANCE				
5:30PM	PILATES	BURN IT	RPM	BODY PUMP			
6:30PM	BODY PUMP	HIIT BOXING	BODY BALANCE				

OUTDOOR

	MON	TUES	WED	THURS	FRI	SAT	SUN
9:15AM		RUN CLUB		RUN CLUB			

AQUA AEROBICS

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:15AM	AQUA	AQUA ZUMBA	AQUA	AQUA	AQUA		AQUA
9:15AM	AQUA DEEP	AQUA DEEP	AQUA	AQUA DEEP	AQUA DEEP		
10:15AM			AQUAEZE		AQUAEZE		
12:05PM						AQUA ZUMBA	
2:00PM	AQUA		AQUA DEEP	AQUA			
6:30PM	AQUA ZUMBA	AQUA DEEP			AQUA DEEP		

ALL ACCESS CLASSES - ELIGIBILITY REQUIRED

CIVIC RESERVE RECREATION CENTRE

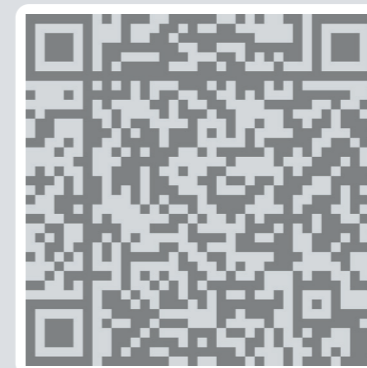
GROUP FITNESS STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM	ZUMBA	PRIME FUSION	ZUMBA	PRIME CIRCUIT	PRIME FUSION	PILATES	
9:00AM						ZUMBA	
9:20AM	QIGONG	PRIME BAR	CORE & MORE	PRIME BAR	PILATES		
10:30AM	BODY BALANCE	YOGA	TAI CHI	BODY BALANCE	BODY BALANCE		
12:00PM					AGESTRONG MAINTENANCE		
1:00PM		AGESTRONG ENTRY		AGESTRONG ENTRY			
2:00PM		AGESTRONG MAINTENANCE		AGESTRONG CHAIR			
4:00PM				ZUMBA			
5:30PM	BODY PUMP		PILATES	BODY PUMP			
6:30PM	PILATES						

ALL ACCESS CLASSES - ELIGIBILITY REQUIRED

CONNECT30 - GYM FLOOR

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM							CONNECT30 RESISTANCE
12:00PM	CONNECT30 FUNCTIONAL	CONNECT30 AEROBIC	CONNECT30 RESISTANCE	CONNECT30 AEROBIC	CONNECT30 FUNCTIONAL		
5:00PM		CONNECT30 AEROBIC	CONNECT30 RESISTANCE		CONNECT30 FUNCTIONAL		
6:00PM	CONNECT30 FUNCTIONAL			CONNECT30 AEROBIC			
7:00PM		CONNECT30 AEROBIC	CONNECT30 RESISTANCE				



SCAN THE QR CODE TO VIEW THE CLASS DESCRIPTIONS