

Group Fitness Timetable: Instructor-led & Virtual

Commencing 10 December 2025



About the Group Fitness classes

These classes are held in the Group Fitness room with:

- One of our qualified instructors, or
- Virtually with a world class Les Mills video workout



Abbreviations:

- Balance = Bodybalance

To ensure classes are safe for everyone, please abide by the following conditions of entry:

- Please advise instructor before class if you are pregnant or injured
- Please bring a towel, water bottle (no glass) and wear appropriate clothing and footwear

This timetable is subject to change without warning. Please book into classes online to guarantee your spot and to receive any class changes.

To sign up or book online,
visit
<https://membership.amrshire.wa.gov.au/Group>
or scan the QR code.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	SPIN			ENERGIZE			
7:00am	YOGA						
9:15am	LES MILLS TONE	ENERGIZE	BODYPUMP HEAVY	STEP	BODYPUMP		
10:30am	SUPERMOVERS (Gym & GFR)		PILATES	SUPERMOVERS (Gym & GFR)	YOGA		
12:00pm	POWER STEP		LIFT & SPIN	BOOTCAMP			
1:00pm	YOGALATES						
5:30pm	BODYPUMP HEAVY	YOGA	SPIN	YOGA			
6:30pm	STEP						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	BODYPUMP		CORE	RPM			
8:00am	BALANCE	GRIT CARDIO		DANCE	SPRINT		
8:05am			CORE			RPM	BODYPUMP
9:00am						BODYPUMP	RPM
10:00am						GRIT ATHLETIC	CORE
10:35am	RPM						BALANCE
11:00am						BALANCE	
12:00pm	GRIT STRENGTH				CORE		
1:00pm	CORE	BODYPUMP	DANCE		BALANCE		
4:30pm	BALANCE	CORE	BODYPUMP	RPM	DANCE		
5:30pm							
6:30pm			BALANCE				

Group Fitness Timetable: Gym, Courts, Outdoors & Pool

Commencing 10 December 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	CIRCUIT			OUTDOOR		
7:00am	TEEN GYM			TEEN GYM		
8:00am	SUPERMOVERS				CIRCUIT	
8.30am	PICKLEBALL (1.5HRS)					
9:00am	PICKLEBALL (1.5 HRS)					
9.30am	PICKLEBALL (1.5HRS)					
10:00am	SFL		SFL			
10:30am	SUPERMOVERS (Gym & GFR)			SUPERMOVERS (Gym & GFR)		
1:30pm	SFL		SFL			
3:30pm	TEEN GYM	TEEN GYM	TEEN GYM	TEEN GYM		
6.00pm	PICKLEBALL (1.5HRS)					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am	AQUA		AQUA		AQUA	
8:00am	S REHAB			S REHAB		
10:30am	AQUA		AQUA			
5:30pm	AQUA DEEP					

About the classes



These classes are held in the:

- Gym, court and outdoors
- Aquatic Centre pool



Abbreviations:

- SFL = Strength for Life
- S Rehab = Supervised Rehab

To ensure classes are safe for everyone, please abide by the following conditions of entry:

- Please advise instructor before class if you are pregnant or injured
- Please bring a towel, water bottle (no glass) and wear appropriate clothing and footwear

This timetable is subject to change without warning. Please book into classes online to guarantee your spot and to receive any class changes.

To sign up or book online, visit <https://membership.amrshire.wa.gov.au/Group> or scan the QR code.

