Summer 2026

Group Exercise Timetable

Studio One

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	HIIT		HIIT		HIIT		
9:30am	Senior Strength	Senior Strength	Senior Strength	Strength Circuit	Strength Circuit		
10:30am		Body Balance		Body Balance	Pilates		
12:00pm	HIIT	HIIT	Pilates	HIIT	HIIT		
6:00pm			HIIT				

Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am			Aqua Aerobics				
2:00pm	Aqua Aerobics	Aqua Aerobics		Aqua Aerobics			

CANBERRA
OLYMPIC POOL

Class Descriptions

Aqua Aerobics
Aqua Aerobics is a low-impact, high-energy workout conducted in water. Participants perform a variety of aerobic, strength, and flexibility exercises. The water provides resistance and reduces stress on the joints, making it suitable for all levels. Benefits include improved cardiovascular health, muscle strength, flexibility, balance, and coordination. Certified instructors lead the classes, accompanied by music for a fun and motivating experience.

HIIT
Get ready to step on and off a raised platform or step bench to the beat of music. The height of the step can be adjusted to accommodate different ability levels and preferences. The routines involve a combination of stepping patterns.

Les Mills BodyBalance
The holistic Yoga, Tai Chi, Pilates workout that builds your flexibility and strength while leaving your feelings centred and calm. Controlled breathing, concentration and a structured series of moves helps you achieve balance and strengthen your entire body.

Pilates
Pilates will help improve balance, posture, core strength and flexibility which are essential for injury prevention. It caters to all fitness levels and will leave you feeling strong and invigorated.

Senior Circuit
Group exercise training that involves a series of exercises performed in a circuit format. Participants move through a sequence of stations or exercise stations, performing a different exercise at each station for a set amount of time or number of repetitions before moving on to the next station. The exercises can vary in nature, including cardiovascular exercises, strength training exercises, and functional movements.

Senior Strength
A seniors class designed to strengthen the body with functional movements with light hand weights and bands. This class will include some Pilates moves and these exercises will strengthen your muscles so that everyday tasks remain easy and enjoyable.