

# GROUP EXERCISE CLASSES

## **TIMETABLE**

**(All classes are 45min)**

**From January 5<sup>th</sup> 2026**

# GROUP EXERCISE CLASSES

## CLASS DESCRIPTIONS

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### Aqua Aerobics

Aqua Aerobics is a low-impact, water-based exercise class designed to improve cardiovascular fitness, strength, flexibility and coordination. It's suitable for people of all ages and fitness levels, especially those with joint issues, arthritis, or recovering from injury.

### Aqua HIIT

Aqua HIIT is a high-intensity aqua aerobic class that alternates between cardio and strength exercises. Aqua HIIT targets the whole body! Burns calories, builds muscle strength, improves cardiovascular fitness and is suitable for a wide range of fitness levels.

### Deep Water Aqua – 50m pool

This program uses flotation belts or noodles to keep the body buoyant and upright, while engaging the core in jogging, kicking, and arm exercises. Performed in water that is 2m deep, deep water aqua is great for joint health, endurance and muscle building. All ages and fitness levels are welcome.

### Aqua Pilates

A gentle workout that focuses on controlled movements, breathwork and core engagement. It blends the core-strengthening principles of Pilates with therapeutic aquatic exercise and is ideal for improving posture, flexibility, and muscle tone.

### Reformer Pilates

A resistance-based Pilates class, performed on a Reformer Pilates bed. It uses springs to provide varying levels of resistance. Reformer Pilates builds strength, flexibility, improves posture & increases core stability. Reformer Pilates can be easily modified to suit all different levels of fitness and skill.

### Mat Pilates

Mat Pilates will challenge your strength, flexibility and coordination with traditional and modern Pilates. Performed on the floor, you'll feel strong, streamlined and invigorated after this thorough workout. Pilates has the power to transform your physical, emotional and spiritual state.

### Full Body Strength Mat Pilates

A strength focused workout that targets all major muscle groups using Pilates principles: core engagement, breath control, alignment & controlled movement.

### Yoga

A flowing and meditative class, Yoga is for healing and restoring balance within the mind, body and spirit. Poses are structured around alignment principles to ensure safe and optimal expression in each pose. You will work on improving your muscle tone, strength, stamina and flexibility.

### Yoga Kids

A playful and age-appropriate adaptation of traditional yoga for children. It combines physical poses, breathing exercises and mindfulness to engage kids in a fun and healthy activity. Incorporating yoga into children's lives is beneficial in developing concentration and emotional regulation.

### Contact us

bundabergaquaticcentre.com.au

07 5294 7836 | [bundabergac@belgravialeisure.com.au](mailto:bundabergac@belgravialeisure.com.au)