

# GROUP EXERCISE CLASSES

45 minutes classes

	MONDAY			TUESDAY	WEDNESDAY			THURSDAY		FRIDAY		SATURDAY		
6:00am	Reformer Pilates with Gytha			Yoga with Karyn	HIIT class with Lou					Reformer Pilates with Kelsey	Yoga Balance with Karyn			
6:30am														
7:00am	Aqua with Cassie	Swim Fit (Adult Squad)	Reformer Pilates with Gytha	Aqua HIIT with Cassie		Swim Fit (Adult Squad)	Aqua Yoga with Cassie	Aqua with Cassie		Reformer Pilates with Kelsey	Swim Fit (Adult Squad)	Reformer Pilates with Loren		
7:30am														
8:00am					Deep Water Aqua with Audrey							Reformer Pilates with Loren		
8:30am														
9:00am	Aqua with Audrey	Reformer Pilates with Loren		Aqua with Audrey		Aqua Pilates With Audrey	Reformer Pilates with Sue	Aqua with Audrey	Reformer Pilates with Brenda	Reformer Pilates with Sue		Aqua with Audrey	Reformer Pilates with Loren	
9:30am														
10am	Reformer Pilates with Loren							Reformer Pilates with Brenda				Aqua Pilates with Audrey		
10:30am				Mums & Bubs Yoga with Karyn										
3:30pm														
4:00pm														
4:30pm				Deep Water Aqua with Audrey		Reformer Pilates with Loren			Deep Water Aqua with Audrey					
5:00pm				Reformer Pilates with Gytha										
5:30pm	Mat Pilates with Audrey	Aqua HITT with Cassie		Aqua with Cassie		Reformer Pilates with Loren	Yoga with Karyn	Aqua Strength with Gabi	Yoga with Karyn		Aqua Strength with Gabi	Reformer Pilates with Sue		
6:00pm				Reformer Pilates with Gytha										

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## CLASS DESCRIPTIONS

### Swim Fit (Adult Squad)

Swim Fit is an adult squad training program led by Head Swim Coach Damian. Each session combines structured swim sets, technique refinement and endurance training. Whether you're returning to swimming, training for personal goals or simply looking for a motivating and social way to stay fit, Swim Fit provides a supportive squad environment with professional coaching and achievable challenges for all ability levels

### 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.

### Aqua Deep Water

This program uses flotation belts 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.

### 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.

### Aqua Strength & Strength

This aqua class focuses on building muscle strength and endurance using the natural resistance of water with specialised equipment. With water dumbbells, you will build lean muscle mass, improve bone density and enhance core strength

#### Contact us

[bundabergaquaticcentre.com.au](http://bundabergaquaticcentre.com.au)

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**Bundaberg**  
Aquatic Centre

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### 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.

### HIIT

A HIIT class alternates between short bursts of intense exercise & brief periods of rest. This class will include a variety of body weight exercises to target all areas of the body. This class helps improve cardiovascular fitness & build strength.

### Move & Stretch

A gentle, low impact class designed to help participants improve mobility, reduce muscle tension & feel relaxed in their bodies. With an emphasis on stretching, this session guides participants through gentle mobility work & long, controlled stretches.

### 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.

### Mums & Bubs Yoga

Mums and Bubs Yoga is a gentle, nurturing yoga class designed for new mothers and their bubs. With soft movement, breath awareness and connection, Mums and bubs yoga offers a supportive space to bond with your baby and meet other Mums in a welcoming, judgment free environment.

#### Contact us

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