

# PELICAN PARK POP UP LOCATIONS

## POP UP HUB

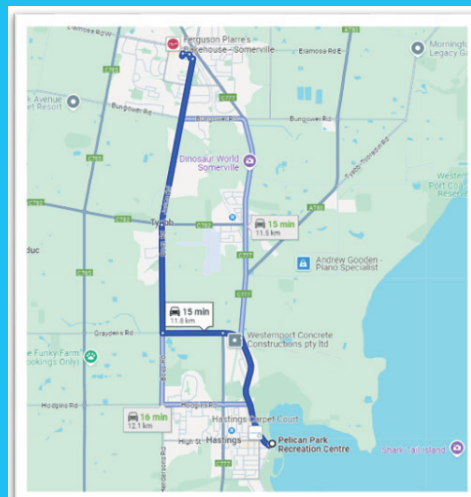
**Hastings Community Hub**  
1973 Frankston-Flinders Road,  
Hastings



 2.3km 5min drive

## POP UP @ SOMERVILLE

**Somerville Recreation Centre**  
14 Edward Street, Somerville



 11.8km 15min drive

[www.pelicanparkrec.com.au](http://www.pelicanparkrec.com.au)



# GROUP FITNESS TIMETABLE

**SPRING 2025**

**Effective from Monday 8 September**

Classes and instructors are subject to change.  
Always check Active World app for most up to date class schedule.

**PELICAN PARK**  
RECREATION CENTRE

**POP UP @ SOMERVILLE**  
**Somerville Recreation Centre**  
 14 Edward Street, Somerville

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30AM						RPM	
9:30AM						Body Pump	
10:40AM						Yogalates	Body Balance
5:30PM			RPM	Body Pump			
6:30PM		Body Pump	Body Balance	Spin			

**GYM FLOOR CLASSES**  
**Pelican Park Recreation Centre**  
 2 Marine Parade, Hastings

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:05AM	CONNECT30	CONNECT30	CONNECT30	CONNECT30	CONNECT30		
6:40AM	CONNECT30	CONNECT30	CONNECT30	CONNECT30	CONNECT30		
9:20AM	CONNECT30	CONNECT30	Burn It	CONNECT30	Burn It	CONNECT30	
10:00AM	CONNECT30	CONNECT30		CONNECT30			
10:45AM	CONNECT30 Be Active Longer		CONNECT30 Be Active Longer		CONNECT30 Be Active Longer		
6:00PM	CONNECT30	CONNECT30	CONNECT30	CONNECT30			

**AQUA**  
**Pelican Park Recreation Centre**  
 2 Marine Parade, Hastings

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:15AM	Aqua	Aqua Zumba	Aqua Deep	Aqua	Aqua		
9:15AM	Aqua Deep	Aqua Deep	Aqua	Aqua Deep	Aqua Deep		Aqua
10:15AM			AquaEze				
2:00PM	Aqua		Aqua Deep	Aqua			
6:30PM		Aqua Deep			Aqua Deep		

**POP UP HUB**  
**Hastings Community Hub**  
 1973 Frankston-Flinders Road, Hastings

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:35AM		Momentum		Pilates			
9:30AM	Cardio Blast	Body Pump		Body Pump			
10:40AM	Pilates	Body Balance		Pilates			
11:10AM			Stretch & Strength		Stretch & Strength		
12:00PM	Agestrong		Agestrong				
1:00PM	Agestrong						



**DOWNLOAD THE ACTIVE  
 WORLD APP TO BOOK  
 YOUR GROUP FITNESS  
 CLASSES**



**SCAN THE QR  
 CODE TO VIEW  
 THE CLASS  
 DESCRIPTIONS**