

PELICAN PARK POP UP LOCATIONS

POP UP GYM

Pelican Park Pop Up Gym
21 High Street, Hastings




 650m 2min drive

 450m 7min walk

POP UP HUB

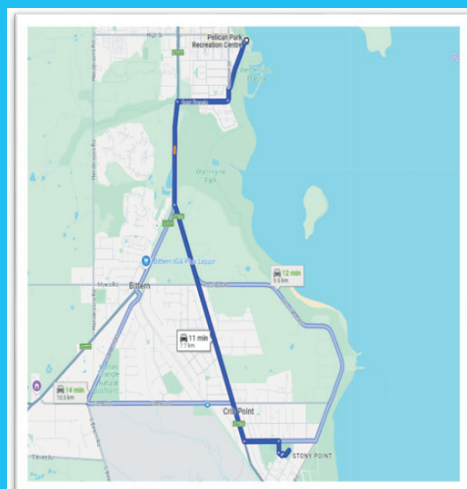
Hastings Community Hub
1973 Frankston-Flinders Road,
Hastings



 2.3km 5min drive

POP UP AQUA

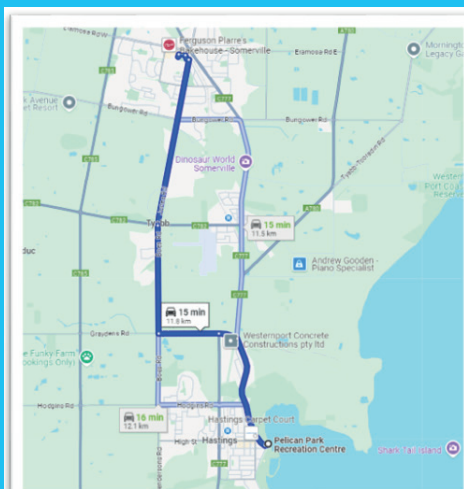
Crib Point Outdoor Pool
31 Governors Road, Crib Point



 7.7km 11min drive

POP UP @ SOMERVILLE

Somerville Recreation Centre
14 Edward Street, Somerville



 11.8km 15min drive



GROUP FITNESS POP UP TIMETABLE

AUTUMN/WINTER 2025
Effective from Monday 28 April

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

www.pelicanparkrec.com.au

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			

POP UP GYM
Pelican Park Pop Up Gym
 21 High Street, Hastings

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:05AM	CONNECT30	CONNECT30	CONNECT30	CONNECT30	CONNECT30		
6:40AM	CONNECT30	CONNECT30	CONNECT30	CONNECT30	CONNECT30		
9:25AM			Burn It		Burn It		
10:00AM	CONNECT30	CONNECT30		CONNECT30		CONNECT30	
10:45AM	CONNECT30 Be Active Longer		CONNECT30 Be Active Longer		CONNECT30 Be Active Longer		
2:00PM	CONNECT30 Be Active Longer	CONNECT30 Be Active Longer			CONNECT30 Be Active Longer		
6:00PM	CONNECT30	CONNECT30	CONNECT30	CONNECT30	CONNECT30		

POP UP AQUA
Crib Point Pool
 31 Governors Road, Crib Point

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:15AM	Aqua	Aqua HIIT	Aqua	Aqua	Aqua		Aqua
9:15AM	Aqua Deep	Aqua Deep	Aqua	Aqua Deep	Aqua Deep		
2:00PM	Aqua		Aqua Deep	Aqua			
5:45PM		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	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						



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 WORLD APP TO BOOK
 YOUR GROUP FITNESS
 CLASSES**



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