



# PELICAN PARK

RECREATION CENTRE

# GROUP FITNESS TIMETABLE

MONDAY 25 DECEMBER 2023 TO SUNDAY 21 JANUARY 2024

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

For safety and OH&S, the instructor has discretion to not allow you to participate in a class once it has started. Bring a towel and drink bottle to all classes. Casual participants must be 16 years and older. Consult your doctor prior to participating in any group fitness class. Some classes are not suitable to do whilst pregnant. If you are unsure, contact your doctor and let the group fitness instructor know.

# MONDAY 25 DECEMBER TO SUNDAY 31 DECEMBER

## GROUP FITNESS STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	CLOSED FOR CHRISTMAS DAY		CARDIO STRENGTH		CARDIO STRENGTH		
8:30AM						RPM	
9:25AM		BODY PUMP	BURN IT	BODY PUMP	BODY PUMP	BODY PUMP	
10:00AM							
10:35AM			STRETCH & STRENGTH	PILATES	STRETCH & STRENGTH		BODY BALANCE
12:00PM							
1:00PM							
5:30PM			RPM	BODY PUMP			
6:30PM							

## AQUA AEROBICS

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:15AM	CLOSED FOR CHRISTMAS DAY	AQUA	AQUA	AQUA	AQUA		AQUA
9:15AM		AQUA DEEP	AQUA	AQUA DEEP	AQUA DEEP		
10:15AM						AQUA AT CRIB POINT POOL. 10AM	
12:05PM							
2:00PM			AQUA DEEP				
6:30PM							



DOWNLOAD THE ACTIVE  
WORLD APP TO BOOK  
YOUR GROUP FITNESS  
CLASSES

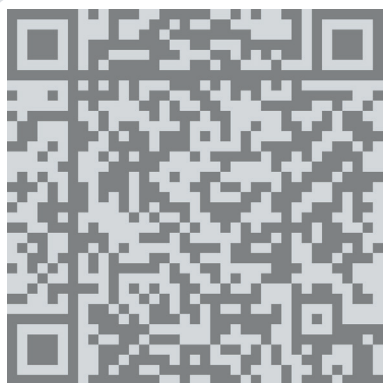
# MONDAY 1 JANUARY TO SUNDAY 7 JANUARY

## GROUP FITNESS STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM			CARDIO STRENGTH		CARDIO STRENGTH		
8:30AM						RPM	
9:25AM	CARDIO BLAST	BODY PUMP	BURN IT	BODY PUMP	BODY PUMP	BODY PUMP	
10:00AM							
10:35AM		BODY BALANCE	STRETCH & STRENGTH	PILATES	STRETCH & STRENGTH		BODY BALANCE
12:00PM							
1:00PM							
5:30PM			RPM	BODY PUMP			
6:30PM			BODY BALANCE				

## AQUA AEROBICS

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:15AM	AQUA	AQUA	AQUA	AQUA	AQUA		AQUA
9:15AM	AQUA DEEP	AQUA DEEP	AQUA	AQUA DEEP	AQUA DEEP		
10:15AM						AQUA AT CRIB POINT POOL. 10AM	
12:05PM							
2:00PM			AQUA DEEP				
6:30PM							



SCAN THE QR  
CODE TO VIEW  
THE CLASS  
DESCRIPTIONS

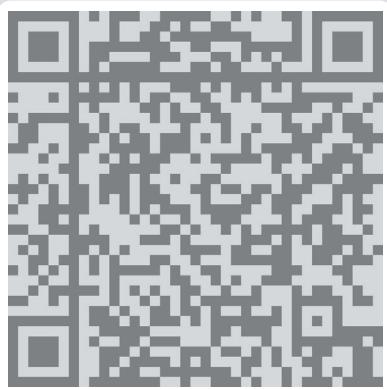
# MONDAY 8 JANUARY TO SUNDAY 21 JANUARY

## GROUP FITNESS STUDIO

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>6:10AM</b>	CARDIO STRENGTH	CORE & MORE	CARDIO STRENGTH		CARDIO STRENGTH		
<b>8:30AM</b>						RPM	
<b>9:25AM</b>	CARDIO BLAST	BODY PUMP	BURN IT	BODY PUMP	BODY PUMP	BODY PUMP	
<b>10:00AM</b>							
<b>10:35AM</b>	PILATES	BODY BALANCE	STRETCH & STRENGTH	PILATES	STRETCH & STRENGTH		BODY BALANCE
<b>12:00PM</b>							
<b>1:00PM</b>							
<b>5:30PM</b>	PILATES	ZUMBA	RPM	BODY PUMP			
<b>6:30PM</b>	BODY PUMP		BODY BALANCE				

## AQUA AEROBICS

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>8:15AM</b>	AQUA	AQUA ZUMBA	AQUA	AQUA	AQUA		AQUA
<b>9:15AM</b>	AQUA DEEP	AQUA DEEP	AQUA	AQUA DEEP	AQUA DEEP		
<b>10:15AM</b>						AQUA AT CRIB POINT POOL 10AM	
<b>12:05PM</b>						AQUA ZUMBA	
<b>2:00PM</b>	AQUA		AQUA DEEP				
<b>6:30PM</b>	AQUA ZUMBA	AQUA DEEP					



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CODE TO VIEW  
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DESCRIPTIONS