

About the Group Fitness classes

These classes are held in the Group Fitness room with:

- one of our qualified instructors (black text) or;
- virtually with a world class Les Mills workout (blue text)



- Abbreviations:
- Balance = Bodybalance
  - Pump = Bodypump
  - Thump = Thump Boxing

To ensure classes are safe for everyone, please abide by the following conditions of entry:

- Please advise instructor before class if you are pregnant or injured
- Please bring a towel, water bottle (no glass) and wear appropriate clothing and footwear

This timetable is subject to change without warning. Please book into classes online to guarantee your spot and to receive any class changes.

To sign up or book online,  
visit <https://membership.amrshire.wa.gov.au/Group>  
or scan the QR code.



Group Fitness Timetable  
Commencing 12 May 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	SPIN	GRIT STRENGTH	PUMP	GRIT ATHLETIC	METAPWR		
7:00am	CORE	METAFIT	YOGA	BALANCE	CORE		
8:00am	BALANCE	GRIT CARDIO		DANCE	SPRINT		
8:05am			CORE			RPM	PUMP
9:00am						PUMP	RPM
9:15am	HiLo	ENERGIZE	PUMP	STEP	PUMP		
10:00am						GRIT ATHLETIC	CORE
10:30am	RPM	SUPERMOVERS (Gym & GFR)	PILATES	SUPERMOVERS (Gym & GFR)	YOGA		
10:35am							BALANCE
11:00am						BALANCE	
11:30am							BODY ATTACK
12:00pm	METAPWR	GRIT STRENGTH	SPIN	THUMP	CORE	SPRINT	
12:30pm							BALANCE
1:00pm	CORE	PUMP	DANCE	YOGALATES	BALANCE	BODY ATTACK	
2:00pm						CORE	
4:30pm	BALANCE	CORE	PUMP	RPM	DANCE		
5:30pm	LES MILLS FUNCTIONAL STRENGTH	YOGA	SPIN	YOGA			
6:30pm	CORE		BALANCE				
6:35pm		SPRINT		GRIT STRENGTH			

# Gym, Courts & Pool Timetable

Commencing 12 May 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	CIRCUIT					
7:00am	TEEN GYM/ CIRCUIT			TEEN GYM/ CIRCUIT		
7:30am	AQUA		AQUA		AQUA	
8:00am		S REHAB	SUPERMOVERS	S REHAB		CIRCUIT
8.30am	PICKLEBALL (1.5HRS)					
9:00am	BADMINTON					
9.30am	PICKLEBALL (1.5HRS)					
10:00am	SFL				SFL	
10:30am	AQUA	SUPERMOVERS (Gym & GFR)	AQUA	SUPERMOVERS (Gym & GFR)		
1:30pm	SFL		SFL			
3:30pm	TEEN GYM	TEEN GYM	TEEN GYM	TEEN GYM		
5:30pm		PICKLEBALL (1.5HRS)		AQUA DEEP		

## About the classes

These classes are held in the:

- Gym, court and outdoors (black text) or;
- Pool (blue text)



### Abbreviations:

- SFL = Strength for Life
- S Rehab = Supervised Rehab

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