

October Group Fitness Timetable



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aquatic centre

This timetable is valid from the October 19th 2020 and is subject to change.

All Bookings to be made online via www.akac.com.au or by the wix app using invite code AIOIQE.

Class bookings open 3 days plus 2 hours of class start time.

Cancellations must be made 4 hours prior to the class start time.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am Boot Camp (p)	6:00 am Circuits (w)	6:00 am Boot Camp (p)	6:00 am Circuits (w)	6:00 am Boot Camp (p)		
6:45am Yoga (p)		6:45am Yoga (p)	7:00 am Boot Camp (p)	6:30 am Yoga (d)		
7:30am Aqua		7:30am MetaPump (w)	7:30am Aqua			
7:30am Fast Track (w)	7:00 am Boot Camp (p)	8:30 am Aqua	07:30 Zumba	7:30am Fast Track (w)		
8:30 am Swiss Ball (w)	8:30 am Aqua	8:30 am Pilates (w)			7:00 am Aqua	8:30 am Zumba (w)
8:30 am Aqua	8:30 am Stretch (w)	9:30 am Zumba (w)	8:30 am Swiss Ball (w)	8:30 am Pilates (w)	8:00 am Aqua	9:30 am Zumba (w)
9:30 am Deep Water Aqua	9:30 am Aqua	9:30 am Aqua	8:30 am Aqua	8:30 am Aqua	8:30 am Pilates (w)	10:00 am Circuits (w)
9:30 am Boxercise (p)	9:30 am Metabolic Pump (w)	10:30 am Aqua	9:30 am Stretch (w)	9:30 am Aqua	9:30 am Pilates (w)	
9:30 am Pilates (w)	10:30 am Aqua	11:30 am Gentle Circuit (w)	9:30 am Boxercise (p)	9:30 am Zumba (w)	9:30 am Bootcamp (p)	
10:30 am Stretch (w)	10:30 am Pilates (w)		10:30 am Deep Water Aqua	10:30 am Stretch (d)	10:30am Boxercise (p)	
11:30 am Gentle Circuit (w)			10:30 am Pilates (w)	11:30 am Gentle Circuit (w)		
1:00 pm Warm Water Aqua	5:30 pm Fast Track (w)		12:00 pm Warm Water Aqua			
5:30 pm Fast Track (w)	5:30 pm Pilates (d)	5:30 pm Pilates (w)	5:30 pm Yoga (w)			
6:30 pm Stretch (d)	6:30 pm Zumba (w)		6:30 pm Yoga (w)			
6:30 pm Circuits (w)	6:30 pm Pilates (d)	6:30 pm Metabolic Pump (w)				
7:00 pm Deep Water Aqua	7:00 pm Aqua	7:00 pm Aqua	7:00 pm Aqua			

Opening Hours							
Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
6am	6am	6am	6am	6am	6am	6am	Gym
9pm	9pm	9pm	9pm	7pm	7pm	7pm	
6am	6am	6am	6am	6am	6am	6am	Pool
8.30pm	8.30pm	8.30pm	8.30pm	6.30pm	6.30pm	6.30pm	

		Capacity
(w)	Wellness Centre	16
(p)	Enmore Park	20
(d)	Downstairs Studio	12
(P)	Pool	20



Category	Class	Description
Pool	Aqua Aerobics	This class will help you shape muscle & burn calories by using the water as resistance. Aqua noodles and underwater weights are used to increase intensity. Try Aqua Easy if you are looking for a more comfortable pace for rehabilitation, pre & post pregnancy.
	Deep Water Aqua	Increase the intensity in the deep end of the pool, prepare to be challenged in a floating environment. Build muscle tone and cardiovascular fitness using the water as resistance
	Warm Water Aqua	Warm Water Aqua is a form of treatment conducted in a heated pool to help regain or enhance physical wellbeing. Exercises are a series of gentle movements performed in a pool maintained at 31 degrees to 32 degrees Celsius.
Gentle Exercise	Gentle Circuit	A low impact senior's class for those who prefer a slower pace or are recovering from injury. Gentle Circuit will incorporate light resistance training combined with cardio for an invigorating yet safe full body workout to strengthen and tone.
	Pilates	Targets the deep postural muscles within the body; the abdominals, pelvis, back, shoulders & buttocks. A form of simple yet precise, controlled postures, concentration & breathing to enhance postural alignment, coordination, strength & flexibility.
	Stretch	A comprehensive class to help improve your range of movement and iron out any stiffness you may have from your activities of daily life. A range of floor work provided under the watchful eye of an instructor to help you get the most out of your stretching.
	Swiss Ball	Utilising a Swiss ball in your workout provides a unique opportunity to challenge your core stability with every exercise. You will develop a stronger core, improved tone & overall strength, co-ordination, better posture & body alignment.
	Yoga	A combination of breathing exercises, physical postures and movements utilising the entire body and meditation of the mind that has been practiced for more than 5,000 years. The practice of yoga leads to flexibility, strength and balance of both body and mind systems. Classes are tailored to all levels.
Medium Intensity	Metabolic Pump	A cross training workout using cardiovascular, bodyweight and weighted exercises to add variety to your routine and keep your body guessing. This workout will get you sweating to a high energy soundtrack.
	Zumba	It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness- party™ that's moving millions of people toward joy and health. Dance your way to cardiovascular fitness, fat loss and muscle toning.
High Intensity	Fast Track	A different workout each time, this will challenge and fatigue the whole body. With a variety of instructors and styles this class will mix hiit, resistance, conditioning, cardiovascular and core training into one workout
	Boxercise	Requires own boxing equipment - a high energy outdoor workout using boxing style exercises and utilising boxing equipment. Involves cross training with resistance training, cardiovascular training and core work
	Bootcamp	Resembling a military boot camp, this is a rigorous outdoor group fitness session where you will be pushed past your limits. Expect a combination of circuits, interval, cardiovascular and strength training including boxing and sprints in a park setting.
	Circuits	Circuits is a timed based Circuit Training Class using Resistance, Weights and HIIT. Work your way through a series of challenges designed to push your body to it's limit and beyond. Circuits will test all your elements of strength and endurance with increasingly difficult tasks over a 45 minute period.