Bridgetown Leisure Centre

GROUP FITNESS/GYM TIMETABLE

COMMENCING NOVEMBER 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30AM						
9:00AM					PILATES	
9.15AM	ACTIVE + BODY BOGA FIT	ACTIVE + CIRCUIT	BUILT TO MOVE STRENGTH	BOGA FIT	ACTIVE + CIRCUIT	
10.30AM	FIT4LIFE - GYM AQUA SHALLOW	AQUA DEEP	FIT4LIFE - GYM AQUA SHALLOW	AQUA DEEP	FIT4LIFE - GYM AQUA SHALLOW	
5.30PM			PILATES	CIRCUIT FIT + STRETCH		
6.00PM		RETRO-DANCE				

MEZZANINE
GYM
COURTS
POOL
EXTERNAL INSTRUCTORS

Important: Please arrive 10 minutes prior to the class commencing to allow time for setup. There is strictly no admittance to the class after commencement for safety reasons. As a courtesy to the class, please do not leave until the class has finished. **Please note no classes are scheduled on public holidays.**

For more information on **Pilates** please contact Margaret-Ann Shuttleworth: shuttl_bo@bigpond.com 0417 935 613
For more information on **Retro-dance** please contact Di Hollet: 0431 184 436

Corner Gifford Rd & Steere St Bridgetown • 9761 2966 • recreation@bridgetown.wa.gov.au

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ACTIVE + CIRCUIT	Active + Circuit is designed for our Senior participants who enjoy exercise variety and the fun and social energy that comes along with group training. Combining functional strength and cardiovascular training, we use a range of free weights, fit-balls and resistance equipment to provide a low impact full body workout tailored to your fitness abilities.
ACTIVE + BODY	Stay strong, feel energized, and build confidence with our Active + body - designed specifically for adults 50 and over. This gentle yet effective workout focuses on improving strength, balance, flexibility, and joint mobility using resistance bands and light weights, this class is low impact and a great way to start your fitness journey.
BUILT TO MOVE-STRENGTH	Unleash your inner strength in Built To Move Strength - a high-energy, music-fueled strength training class. This total-body workout uses barbells, free weights, and bodyweight movements to target every major muscle group through high-rep, low-weight training designed to sculpt, tone, and build muscular endurance.
CIRCUIT FIT + STRETCH	Boost your strength, agility, and aerobic fitness with our new "Circuit Fit + Stretch" class! This dynamic full-body circuit is packed with fun challenges to keep you motivated, adding in some relaxing stretches and movements to help improve rage of motion. This session to leave you feeling strong, balanced, and refreshed.
FIT 4 LIFE	Our Fit 4 Life Gym program is designed for Senior participants who are looking for an independent program tailored to their individual needs. Our Qualified Personal Trainers will assess, curate and deliver a program within a Gym group setting. These programs promote mobility, strength and balance in a relaxed and social environment.
AQUA AEROBICS	Dive into fitness with our Aqua Aerobics classes! With every move working against the resistance of the water, which is between 10 and 12 times thicker than air, You are constantly challenging your body, improving muscle tone, strength and stamina. Perfect for all fitness levels.
DEEP WATER AQUA	Experience a refreshing and invigorating workout that combines the buoyancy of water with the intensity of full-body exercise. Our Deep Water Aqua classes are designed to improve cardiovascular health, build strength, and enhance flexibility—all while being gentle on your joints. Perfect for all fitness levels, these classes offer a unique blend of aerobic and resistance training in the deep end of the pool. Join us and make a splash towards a healthier you!
BOGA FIT	BOGA Fit takes your workout to the water with a fun, low-impact fitness experience on floating mats. Set in the pool, this full-body workout blends high-intensity interval training (HIIT), cardio, strength, and balance exercises—challenging your core and stability in every move. It's energizing, refreshing, and perfect for all ages and fitness levels
PILATES	Learn mind-muscle control, strength-stability, joint-mobility, strengthen postural muscles, improve balance, and much more. Join Margaret-Ann for all the benefits of Pilates. Phone: 0417 935 613 for enquiries/ bookings
RETRO-DANCE	Aerobics as you used to know it… And if you didn't know it, you're in for a fun workout! Groove and 'Moove' your way to fitness to great music and moves easy to master. To find out more Call Di on: 0431 184 436 Facebook: Bridgetown Personal Training.

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