



GROUP FITNESS/GYM TIMETABLE

COMMENCING 5TH JANUARY 2026



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM			CIRCUIT FIT		CIRCUIT FIT	
9:00AM					PILATES	
9.15AM		ACTIVE + CIRCUIT	BOGA FIT BUILT TO MOVE STRENGTH	BOGA FIT ACTIVE+ SEATED	ACTIVE + CIRCUIT	
10.30AM	FIT4LIFE - GYM AQUA AEROBICS	AQUA AEROBICS DEEPWATER	AQUA AEROBICS	AQUA AEROBICS DEEPWATER	FIT4LIFE - GYM AQUA AEROBICS	BOGA FIT
5.30PM	CIRCUIT FIT		PILATES	CIRCUIT FIT		
6.00PM		RETRO-DANCE				

 THE MEZZANINE	 COURTS	 POOL
 EXTERNAL INSTRUCTORS	 GYM	

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 schedule 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



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, fitballs and resistance equipment to provide a **low impact full body workout** tailored to your fitness abilities.

BUILT TO MOVE- STRENGTH

Unleash your inner strength in Built To Move Strength—a **high-energy**, music-fuelled 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.

ACTIVE+ SEATED

Stay strong, feel energized, and build confidence with our Built To Move seated resistance class—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—all from the comfort and support of a chair.

CIRCUIT FIT

Get ready to sweat, move, and feel unstoppable! This high-energy Circuit class delivers a full-body workout that hits strength, cardio and power all in one session. Perfect for jump starting your fitness journey, you'll power through 45 minutes of non-stop, moderate to high-intensity training that leaves you feeling strong, energized, and accomplished!

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.