



GROUP FITNESS/GYM TIMETABLE

17TH MARCH TO 21ST APRIL 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30AM						
9:00AM					PILATES	
9.15AM	BRIDGEY CUBS	ACTIVE + CIRCUIT	AQUA AEROBICS	AQUA AEROBICS DEEPWATER	ACTIVE + CIRCUIT	
10.30AM	FIT4LIFE - GYM	AQUA AEROBICS DEEPWATER	SMALL GROUP RBT	SMALL GROUP RBT	FIT4LIFE - GYM	
	AQUA AEROBICS	SMALL GROUP RBT			AQUA AEROBICS	
5.30PM	SMALL GROUP RBT	RETRO-ROBICS	PILATES	SMALL GROUP RBT		
6.30PM						

 THE MEZZANINE

 COURTS

 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-robics** please contact Di Hollet: 0431 184 436



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RBT

Get ready for Results Based Training and push your limits! Our RBT sessions are aimed to achieve goals through **Small Group Personal Training** for greater focus and faster results. With a mixture of strength and cardiovascular training you will build muscle and burn calories. **Bookings essential for a commitment of 5 weeks.**

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.

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.

DEEPWATER 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!

BRIDGEY CUBS

Learning through Play: Our indoor adventure space is designed to stimulate children's physical development. From balance and coordination to strength and flexibility, your child will learn it all! With fun group activities and guided discovery, we encourage children to use their imagination and creativity. Every class at Bridgey Cubs is a new adventure! **Bridgey Cubs sessions run during school terms only.**

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.

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-ROBICS

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.