



GROUP FITNESS/GYM TIMETABLE

SUMMER 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30AM						CIRCUIT
9:00AM	POWER HOUR	ABT	STRENGTH	STRENGTH STEP	PILATES	
9.15AM	BRIDGEY CUBS	ACTIVE + CIRCUIT	AQUA AEROBICS	AQUA AEROBICS DEEPWATER	ACTIVE + CIRCUIT	
10.30AM	FIT4LIFE - GYM	AQUA AEROBICS DEEPWATER	SMALL GROUP RBT	POSTNATAL CLASS SERIES	FIT4LIFE - GYM	
	AQUA AEROBICS	PRENATAL CLASS SERIES			AQUA AEROBICS	
	SMALL GROUP RBT					
5.30PM	SMALL GROUP RBT	RETRO-ROBICS	PILATES	SMALL GROUP RBT		
6.30PM		STRENGTH		HIIT		

 THE MEZZANINE

 COURTS

 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, do not leave until the class has finished. Please note no classes are schedule on public holidays.

 EXTERNAL INSTRUCTORS

For more information or to book in for **Yoga** please contact Susie McLachlan: 0421 276 718 For more information or to book in for **Pilates** please contact Margaret-Ann Shuttleworth: shuttl_bo@bigpond.com 0417 935 613 For more information or to book in for **Retro-robics** please contact Di Hollet: 0431 184 436



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POSTNATAL SERIES

Led by a qualified Pre and Postnatal Coach, our Postnatal Fitness Series sessions are designed to help you **reclaim your strength and confidence**. Whether you're newly postpartum or years past childbirth, our classes welcome all women on their journey to wellness. Focusing on pelvic health, core stability, and essential fitness fundamentals, we ensure a safe, supportive, and social environment for your return to fitness. ***This session requires a booking - please contact the Bridgetown Leisure Centre for more information. Pre & Postnatal sessions run during school terms only.***

PRENATAL SERIES

Join our Prenatal Fitness Series sessions are designed to support and empower expecting mothers. These gentle yet effective classes focus on strength, flexibility, and relaxation, **helping you stay active and healthy throughout your pregnancy**. Connect with other mums-to-be and enjoy a safe, supportive environment as you prepare for birth and beyond. ***This session requires a booking - please contact the Bridgetown Leisure Centre for more information. Pre & Postnatal sessions run during school terms only.***

ABT

Sculpt and Tone with Our ABT Class! Join our Abs, Butts, and Thighs (ABT) class for a targeted workout that will help you sculpt and tone your core, glutes, and legs. This high-energy session combines strength training and cardio exercises to burn calories and build lean muscle. Get ready to feel the burn and see amazing results while having a blast with our supportive fitness community!

STRENGTH STEP

Experience the perfect blend of strength and cardio in our **Hybrid Barbell & Step Class**! This dynamic workout combines barbell exercises to promote muscle growth with some high energy step routines guaranteed torch calories and boost cardiovascular fitness. Whether you're aiming to build strength, improve endurance, or just have a blast, this class has it all. Join us and feel the burn, see the gains, and enjoy every step of the way!

SMALL GROUP RBT

Get ready for Results Based Training and push your limits! Our RBT session 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! ***Bridgy Cubs sessions run during school terms only.***

POWER HOUR

A fast-paced, **barbell-based workout** that's specifically designed to help you get lean, toned and fit. Get ready for Power Hour, a total body strength workout that will shape and tone all major muscle groups, increase core strength, and leave you feeling strong and fit.

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.