

TEMPORARY GROUP FITNESS TIMETABLE 2

Monday 11 to Sunday 17 April

Please also refer to the Easter and ANZAC Day Operating Times (18 April and 25 April)



Online pre-bookings are essential for Group Fitness Classes.
Timetables are subject to change. Please visit our website
group fitness timetable for the latest updates.
saaquatic.ymca.org.au/fitness/group-fitness-timetable

EASTER & ANZAC DAY OPERATING TIMES

Please refer to the below information for operations over Easter and Anzac Day.

Please also ensure you read the operational information for major events at the Centre from Saturday 9 April.

Information in this document is subject to change. Please refer to our website for the latest information.

CENTRE FACILITIES: OPERATING TIMES 15–18 APRIL AND 25 APRIL

Date	Gym	Aquatic Area <small>Pools close 15 min prior to Aquatic Area closure</small>	Splash Park	Cafe	Retail Store
Fri 15 Apr Good Friday	12.30pm–7pm	12.30pm–6pm	1pm–5pm	12.30pm–4.30pm	8am–6pm
Sat 16 Apr Easter Saturday	7am–7pm	7am–6pm	9am–4pm	7am–4pm	8am–6pm
Sun 17 Apr Easter Sunday	7am–6.30pm	7am–6pm	9am–4pm	8am–4pm	8am–6pm
Mon 18 Apr Easter Monday	7am–7pm	7am–6pm	9am–4pm	8am–4pm	8am–6pm
Mon 25 Apr Anzac Day	12.30pm–7pm	12.30pm–6pm	1pm–5pm	12.30pm–4.30pm	1pm–4pm

SERVICES AND PROGRAMS: OPERATING TIMES 15–18 APRIL AND 25 APRIL

Swimming Lessons

There will be no Swimming Lessons from 15–18 April and on 25 April, 2022. You may be eligible for a make-up lesson (12 per calendar year with no more than 4 per term). For make-up lessons please visit the Swim School Desk at Front Desk or call our Swim School team on (08) 8198 0198.

Group Fitness

There will be some changes to the regular Group Fitness timetable over Easter and ANZAC Day. Please see reverse for classes specific to the Easter and ANZAC period.

Please also refer to the temporary timetable from Friday 8 April to Monday 18 April for changes to the timetable while the Centre hosts major events.

Creche

Closed from 11–22 April (major events inclusive).

Marion Swimming Club

No training

Exercise Physiology

Closed

Aqua Sensory Play

Not available

GROUP FITNESS TIMETABLE: OPERATING TIMES 15–18 APRIL AND 25 APRIL

Online bookings are essential for group fitness classes and can be made via our website.

Please also refer to the temporary timetable for changes from Friday 8 April while the Centre plays host to major events.

Information in this document is subject to change. Please refer to our website for the latest information.

Fri 15 Apr	Sat 16 Apr	Sun 17 Apr	Mon 18 Apr	Mon 25 Apr
No classes	7.15am–8am Ultimate Body Power with Linda Group Fitness Studio	1pm–1.50pm Aqua with Katherine Shallow water	7.15am–8am EPIC Cardio with Ebony Group Fitness Studio	No classes
	8.15am–9am BodyPump with Sam Group Fitness Studio	2pm–2.50pm Aqua with Katherine Shallow water	8am–9am Aqua with Clive & Zac Shallow water	
	8.15am–9.15am BodyBalance with Dawn R Outdoor Grass Area	4.15pm–5pm Total Body Strength with Melissa Group Fitness Studio	8.15am–9am Ultimate Step with Sam Group Fitness Studio	
	8.45am–9.30am RPM with Linda Cycle Studio	5.15pm–6.15pm Pilates Flex, Sculpt and Tone with Melissa Group Fitness Studio	8.15am–9.45am Spin Power with Melissa Cycle Studio	
	9.15am–10am BodyAttack with Jane Group Fitness Studio	5.15pm–6.15pm Spin Endurance with Ebony Cycle Studio	9.15am–10am BodyPump with Sam Group Fitness Studio	
	9.15am–10.05am Reformer Power Pilates with Sam Reformers Studio		9.15am–10am Aqua with Clive and Zac Shallow water	
	9.45am–10.30am RPM with Linda Cycle Studio		10.15am–11am Zumba with Belinda Group Fitness Studio	
	10.15am–11.15am BoxFit with Zac Group Fitness Studio		11.15am–12.15pm VeraFlow with Belinda Group Fitness Studio	
	10.15am–11.05am Reformer Power Pilates with Sam Reformers Studio		5pm–5.45pm Pilates with Kim Group Fitness Studio	
	11.30am–12.30pm Zumba with Belinda Group Fitness Studio		6pm–7pm Pilates with Kim Group Fitness Studio	
	1pm–1.45pm Aqua Zumba with Belinda Shallow water			
	4.30pm–5.30pm Raja Yoga with Subroto Group Fitness Studio			

GROUP FITNESS STUDIO

16+ These classes use weights and are not suitable for individuals aged under 16 years of age.

Some classes have been moved outside for this week

MON 11 APR		TUE 12 APR	WED 13 APR	THU 14 APR	FRI 15 APR GOOD FRIDAY	SAT 16 APR EASTER SATURDAY	SUN 17 APR EASTER SUNDAY
5:45 AM		16+ ULTIMATE BODY STRENGTH 45 min	ULTIMATE CARDIO SCULPT 45 min	EPIC POWER 45 min 16+			
6:00 AM	BODYPUMP 45 min 16+				No classes in recognition of Good Friday		
7:00 AM	EPIC CARDIO 45 min			FUNCTIONAL FULL BODY CIRCUIT 45 min			
7:15 AM						16+ ULTIMATE BODY POWER 45 min	
8:00 AM	MATURE MOVERS 45 min 16+			DRU YOGA GENTLE 60 min			
8:15 AM		YOGA GENTLE 45 min				16+ BODYPUMP 45 min	
9:15 AM	BUTTS, THIGHS & TUMMIES 45 min	PILATES 60 min	ZUMBA GOLD 45 min	BODY ATTACK 45 min		BODYATTACK 45 min	
10:15 AM	TOTAL UPPER BODY BURN 45 min	BODYPUMP LOW IMPACT 45 min 16+	VERA FLOW 60 min	16+ BODYPUMP 60 min		BOX FIT 60 min	
10:30 AM							
11:15 AM		BODYBALANCE 60 min					
11:30 AM				HATHA YOGA 60 min		ZUMBA 60 min	
4:30 PM						RAJA YOGA 60 min	
4:00 PM			16+ BODYPUMP 45 min				
4:15 PM							TOTAL BODY STRENGTH 45 min 16+
5:00 PM	BODY WEIGHT CONDITIONING 45 min	EPIC POWER 45 min 16+	ZUMBA 45 min				
5:15 PM							PILATES FLEX, SCULPT & TONE 60 min
5:45 PM				PILATES 45 min			
6:00 PM	ULTIMATE STEP POWER 45 min	BUTTS, THIGHS & TUMMIES 45 min	HATHA YOGA/BALANCE 45 min				
6:45 PM				YOGA 45 min			
7:00 PM	TOTAL UPPER BODY BURN 45 min 16+	PILATES FLEX, SCULPT & TONE/ VERA FLOW 45 min	HATHA YOGA/BALANCE GENTLE 60 min				
7:45 PM				MINDFUL BLISS 45 min			

	MON 11 APR	TUE 12 APR	WED 13 APR	THU 14 APR	FRI 15 APR GOOD FRIDAY	SAT 16 APR EASTER SATURDAY	SUN 17 APR EASTER SUNDAY
6:00 AM	AQUA (S) 60 min	AQUA (S) 60 min	AQUA (S) 60 min	AQUA (S) 60 min			
8:00 AM	AQUA (S) T 50 min	AQUA (S) T 60 min	AQUA DANCE PARTY (S) 60 min	AQUA (S) 60 min			
9:15 AM	AQUA (S) 45 min	AQUA FREE USE (S) 60 min		AQUA ULTIMATE (S) 45 min	No classes in recognition of Good Friday		
1:00 PM						AQUA ZUMBA (S) 45 min	AQUA (S) 50 min
2:00 PM							AQUA (S) 50 min
7:00 PM				AQUA DANCE PARTY (S) 60 min			
7:15 PM	AQUA ZUMBA (S) 45 min						

	MON 11 APR	TUE 12 APR	WED 13 APR	THU 14 APR	FRI 15 APR GOOD FRIDAY	SAT 16 APR EASTER SATURDAY	SUN 17 APR EASTER SUNDAY
5:45 AM		SPIN 45 min	SPIN 45 min				
6:15 AM							
7:00 AM	RPM 45 min		SPIN 45 min	SPIN POWER 45 min	No classes in recognition of Good Friday		
7:15 AM							
8:00 AM			SPIN POWER 45 min				
8:15 AM				SPIN 45 min			
8:45 AM						RPM 45 min	
9:15 AM	RPM 45 min	SCHWINN 45 min	RPM 45 min	SPIN POWER 45 min	T		
9:45 AM						RPM 45 min	
5:15 PM							SPIN ENDURANCE 60 min
5:45 PM	SPIN ENDURANCE 90 min	SPIN 45 min	RPM 45 min	RPM 45 min			

WELLNESS ROOM

MON 11 APR		TUE 12 APR		WED 13 APR		THU 14 APR		FRI 15 APR GOOD FRIDAY		SAT 16 APR EASTER SATURDAY		SUN 17 APR EASTER SUNDAY	
		Some classes have been moved to the Group Fitness Studio. Please see check the Group Fitness Studio timetable to see if your class has been moved.											

OUTDOOR GARDEN

	MON 11 APR	TUE 12 APR	WED 13 APR	THU 14 APR	FRI 15 APR GOOD FRIDAY	SAT 16 APR EASTER SATURDAY	SUN 17 APR EASTER SUNDAY
7:45 AM		FUNCTIONAL FULL BODY CIRCUIT 45 min			No classes in recognition of Good Friday		
8:00 AM		GET GROUNDED OUTDOOR YOGA 60 min					
8:15 AM			FUNCTIONAL FULL BODY CIRCUIT 45 min			BODYBALANCE 60 min	
9:15 AM		BODYWEIGHT CONDITIONING 45 min	TOTAL UPPER BODY BURN 45 min				
10:15 AM			BUTTS, THIGHS & TUMMIES 45 min				

REFORMERS STUDIO

	MON 11 APR	TUE 12 APR	WED 13 APR	THU 14 APR	FRI 15 APR GOOD FRIDAY	SAT 16 APR EASTER SATURDAY	SUN 17 APR EASTER SUNDAY
5:45 AM				REFORMER POWER PILATES 50 min			
6:00 AM			REFORMER CARDIO SCULPT 50 min				
6:15 AM							
7:00 AM	REFORMER PILATES CARDIO SCULPT 50 min		REFORMER PILATES BLEND 50 min	REFORMER POWER PILATES 50 min			
7:15 AM					No classes in recognition of Good Friday		
8:00 AM	REFORMER PILATES CARDIO SCULPT 50 min		REFORMER POWER PILATES 50 min	REFORMER LOWER BODY BLAST 50 min			
9:00 AM	REFORMER POWER PILATES 50 min						
9:15 AM			REFORMER POWER PILATES 50 min	REFORMER POWER PILATES 50 min		REFORMER POWER PILATES 50 min	
10:00 AM	REFORMER POWER PILATES 50 min						
10:15 AM		REFORMER LOWER BODY BLAST 50 min	REFORMER POWER PILATES 50 min	REFORMER LOWER BODY BLAST 50 min		REFORMER POWER PILATES 50 min	
11:00 AM	REFORMER PILATES BLEND 50 min						
11:15 AM		REFORMER CARDIO SCULPT 50 min	REFORMER PILATES BLEND 50 min	REFORMER PILATES BLEND 50 min			
12:15 PM		REFORMER POWER PILATES 50 min					
1:00 PM	REFORMER PILATES BLEND 50 min						
2:00 PM	REFORMER PILATES BLEND 50 min						
4:00 PM	REFORMER PILATES CARDIO SCULPT 50 min						
5:00 PM	REFORMER LOWER BODY BLAST 50 min			REFORMER PILATES BLEND 50 min			
6:00 PM	REFORMER PILATES BLEND 50 min		REFORMER PILATES CARDIO SCULPT 50 min	REFORMER POWER PILATES 50 min			
7:00 PM			REFORMER LOWER BODY BLAST 50 min	REFORMER CARDIO SCULPT 50 min			