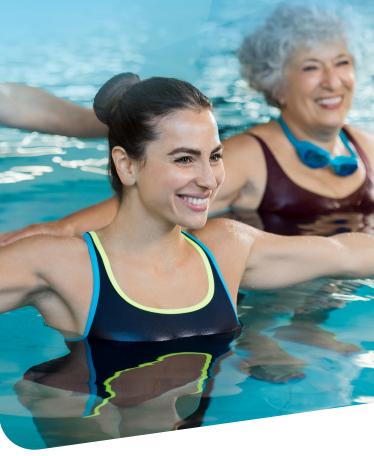
GROUP FITNESS TIMETABLE







TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am			TRA B NSF ORM	RIP	Up & Active Outdoors		
8:00am	Aqua Fit (Ramp)	Strength for Life	Strength for Life	Strength for Life	Strength for Life		
9:00am		Aqua Fit (Ramp)		Aqua Fit (Ramp)		Gym Stick Step & Stretch	Aqua Cycle
9:30am					Aqua Step		
10:00am	Aqua Fit		Aqua Fit				
10:30am	₩HIT						
11:00am		Strength for Life	Strength for Life	Strength for Life	Aqua Fit		
12:15pm	Pilates A		Dance& A	SFL AQUA 50+A	Pilates		
1:15pm					SFL AQUA 50+		
1:30pm	SVMBA A	Functional Pilates					
2:00pm		Aqua Fit (Ramp)	Aqua Circuit (Ramp)	Aqua Deep			
3:00pm	Strength for Life	Better Balance		SVMBA Oold	Better Balance		
4:15pm		YOGA	Pilates	YOGA			
5:15pm					Aqua Cycle		
5:30pm		*SWEAT & Shine					
5:45pm			OYM STICK & STRETCH	→ Pilates △			
6:00pm	RIP						
6:45pm			Aqua Fit				
7:00pm	TRA BENEFIT ORME						

Please note that the class timetable is subject to change based on attendance, demand and instructors.



Book your class via our YMCA South Australia app, available on iOS App Store and Google Play Store.

PARTICIPATION REQUIREMENTS

Bring a towel and drink bottle to all classes

ACTIVE ADULTS 60Y+. KEY: (A)

Active Adults members have access to Strength for Life, Strength for Life Aqua, Pilates, Better Balance, Aqua Zumba, and selected Aqua Fit classes.

ACTIVE YOUTH 10Y - 15Y

Gym and Group Fitness classes restricted to 13Y+ (requires mandatory initial gym orientation, and excludes RIP and Transform).

GYM ONLY MEMBERSHIP

Gym only members have access to HIT, Sweat and Shine, Pilates, Up and Active Outdoors and Gym Stick and Stretch, Gym Stick Step and Stretch.

OPENING HOURS

 Monday to Thursday
 : 6:00am - 8:00pm

 Friday
 : 6:00am - 7:00pm

 Weekends
 : 8:00am - 5:00pm

 Public Holidays
 : 8:00am - 5:00pm

Extended gym hours Monday to Thursday 6:00am - 9:00pm

CONTACT US

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FleurieuAquaticCentre

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SAFETY MEASURES

- Please book your group fitness online to avoid queuing at Customer Service and disappointment in case your desired class reaches occupancy.
- A towel and your own water are required (no exceptions).
- Whenever possible bring your own equipment (yoga mats, boxing glove inners, etc).
- Sanitise and wipe down equipment before and after use.