







# Peninsula Leisure Centre Group Fitness Timetable

Effective Monday 16 September 2024

	30 minute class	45 minute class	60 minute class				
Group Fitness Timetable							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	<b>BOOTCAMP</b> Sports Hall	<b>CYCLE</b> Group Fitness Studio	<b>BODY PUMP</b> Sports Hall	<b>RPM</b> Group Fitness Studio	<b>BOOTCAMP</b> Sports Hall		
	<b>BODY BALANCE</b> Group Fitness Studio						
7.30am	<b>PILATES</b> Group Fitness Studio				<b>PILATES</b> Sports Hall	<b>PILATES</b> Group Fitness Studio	 <b>BODYBALANCE</b> Virtual Studio
8.30am	<b>RPM</b> Group Fitness Studio	<b>BODY PUMP</b> Sports Hall	<b>PILATES</b> Sports Hall	<b>BODY BALANCE</b> Group Fitness Studio	<b>RPM</b> Group Fitness Studio	<b>BODY PUMP</b> Sports Hall	<b>RPM</b> Group Fitness Studio
9.30am	<b>BODY PUMP</b> Sports Hall	<b>BODY COMBAT</b> Sports Hall	<b>BOOTCAMP</b> Sports Hall	<b>BODY PUMP</b> Sports Hall	<b>BODY COMBAT</b> Group Fitness Studio	<b>BODY COMBAT</b> Group Fitness Studio	<b>BODY PUMP</b> Group Fitness Studio
9.30am	<b>YOGA</b> Group Fitness Studio		<b>RPM</b> Group Fitness Studio	 <b>DANCE</b> Group Fitness Studio			
10.30am		<b>BODY BALANCE</b> Group Fitness Studio	<b>YOGA</b> Group Fitness Studio			<b>BODY BALANCE</b> Group Fitness Studio	
11.15am					<b>TAI CHI</b> Group Fitness Studio		
12.00pm	 <b>THE TRIP</b> Virtual Studio	 <b>DANCE</b> Virtual Studio	 <b>BODYPUMP</b> Virtual Studio	 <b>BODYCOMBAT</b> Virtual Studio			
1.00pm					 <b>BODYPUMP</b> Virtual Studio		
3.00pm	 <b>sprint</b> Virtual Studio	 <b>CORE</b> Virtual Studio	 <b>DANCE</b> Virtual Studio	 <b>RPM</b> Virtual Studio	 <b>sprint</b> Virtual Studio		
4.00pm	 <b>BODYBALANCE</b> Virtual Studio		 <b>THE TRIP</b> Virtual Studio	 <b>THE TRIP</b> Virtual Studio			
4.30pm		<b>RPM</b> Group Fitness Studio					
5.30pm	<b>BODY COMBAT</b> Group Fitness Studio	<b>BODY PUMP</b> Group Fitness Studio	<b>BODY COMBAT</b> Group Fitness Studio	<b>BODY PUMP</b> Group Fitness Studio	<b>BODY BALANCE</b> Group Fitness Studio		
6.30pm	<b>BODY PUMP</b> Group Fitness Studio	<b>YOGA</b> Group Fitness Studio	<b>RPM</b> Group Fitness Studio	<b>PILATES</b> Group Fitness Studio			
7.30pm	<b>YOGA</b> Group Fitness Studio		<b>BODY BALANCE</b> Group Fitness Studio				

## Les Mills Virtual

Available on demand when there are no scheduled classes

### Programs available:



## Aqua Fitness + Active Over 50s Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7.00am</b>	SWIMFIT Main pool		SWIMFIT Main pool				
<b>7.30am</b>	SENIOR STRENGTH TRAINING Gym Floor	SENIOR STRENGTH TRAINING Gym Floor	SENIOR STRENGTH TRAINING Gym Floor	SENIOR STRENGTH TRAINING Gym Floor	SENIOR STRENGTH TRAINING Gym Floor		
<b>7.30am</b>				LITE 'N' EASY Program Pool			
<b>8.00am</b>						AQUA DEEP 50m Pool SWIMFIT Main pool	
<b>8.30am</b>	ACTIVE OVER 50s Sports Hall			ACTIVE OVER 50s Sports Hall			
<b>12.30pm</b>	LITE 'N' EASY Program Pool		LITE 'N' EASY Program Pool		LITE 'N' EASY Program Pool		
<b>6.30pm</b>	HIGH ENERGY 50m Pool						
<b>6.45pm</b>	SWIMFIT Main pool	SWIMFIT Main pool	SWIMFIT Main pool				

### General Class Information

- Bookings are required for group fitness classes. Book online at [leisure.centralcoast.nsw.gov.au](http://leisure.centralcoast.nsw.gov.au) or in person at reception.
- All classes have a maximum capacity for your safety and enjoyment. Please arrive early to avoid disappointment as for your own safety late admittance is not permitted.
- Closed footwear is required for all classes, except Mind & Body
- All classes are included in your Gold, Gym and Fitness or Fitness Passport membership

### Virtual Class Information

Les Mills Virtual delivers group fitness classes using life-size cinematic recordings projected onto the studio wall. Fully integrated with the studio sound system, Les Mills Virtual delivers the best quality virtual fitness classes on the market.

- Virtual classes start exactly on time, so please be set up and ready to commence at the scheduled time
- Please ensure any equipment required is set up prior to the class commencing, as there is no time to do this once the class has started.
- A towel is required for all Virtual classes
- Virtual classes cannot be paused or skipped.
- The sound level set for Virtual classes cannot be changed
- Please ensure you only participate in Virtual classes within your ability level and stop immediately if you feel unwell
- Please take time to adequately warm up and cool down/stretch before and after Virtual classes
- Please advise staff of any technical difficulties experienced during your Virtual class.
- Need extra motivation? Virtual classes are great to complete with a friend



Book your next  
group fitness class  
online