

CLASS DESCRIPTIONS

Cardio and Strength Classes **Body Attack (55 mins)**

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training combining athletic movements to take your fitness to the next level.

Body Combat (55 mins)

This high-energy martial arts-inspired workout is totally non-contact and there are no complex moves to master. The instructor will challenge you to up the intensity and motivate you to make the most of every round.

Body Pump (55 mins)

Use weights to strengthen, condition and tone the whole body. You will also increase bone density, support a healthy metabolism and walk out feeling fantastic.

Body Step (55 mins)

An energising step workout that makes you feel alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from the music.

Zumba* (55 mins)

Exotic rhythms set to high energy Latin and international beats. Enjoy the way your body moves and don't worry if you forget the steps- it's meant to be fun!

HIIT (30 mins)

30 minute high intensity interval training class guaranteed to burn fat and dramatically increase your fitness.

Les Mills Core

A core workout that uses athletic training principles to build strength, stability and endurance in the muscles that support your abdominals.

Cardio Blast

Cardio Blast is all about getting the body moving and the heart pumping. Each class offers a different, but always fun, challenge, combining a range of high-intensity aerobic and body weight exercises.

Active Adults

Active Adults are low impact classes that are designed for older adults, encompassing a range of strength, cardio and flexibility exercises.

Aqua Aerobics (45 mins)

Aqua Aerobics is a workout in water that is inclusive of every fitness level and every age. Working out in water eliminates stress on the joints, improves cardiovascular fitness, can increase strength, flexibility and overall health.

Aqua Hydro* (45 mins)

Warm water exercise designed to improve muscular strength, cardio-vascular fitness and flexibility in an environment that has minimal impact on the joints.



GROUP FITNESS TIMETABLE

EFFECTIVE 29 JANUARY 2024

NOTE: Timetable is subject to change. Always check ActiveWorld App for most up-to-date class schedule

Thomastown Recreation
& Aquatic Centre



City of
Whittlesea

CLASS DESCRIPTIONS

RPM (45 mins)

Indoor cycling classes are coached by an instructor who will guide you through a series of sprints, climbs & attacks. Riders are accompanied by inspiring music and can work at their own pace.

Wellbeing and Wellness Classes

Body Balance* (55 mins)

The Yoga, Tai Chi, Pilates' workout that builds flexibility and strength and leaves you feeling centred and calm. It will stretch and strengthen your muscles, improving posture and flexibility.

Pilates* (55 mins)

A low impact class that focuses on strengthening your whole body, targeting posture, flexibility and strength.

Studio Matwork Pilates

Pilates training that focuses on correct posture, core stability, balance, control, strength, flexibility and breathing.

Yoga* (55 mins)

Yoga cultivates health and wellbeing through a range of many different techniques, including postures and movement, breath awareness and breathing exercises, relaxation and concentration, self-inquiry and meditation.

Walking Group (60 mins)

Community walking event in Thomastown. Led by Joe, your local accredited Heart Foundation champion, these walks offer a fantastic opportunity to embrace a healthy lifestyle and engage with your community.

MAIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM	BODYPUMP *45 MIN			BODYPUMP *45 MIN			
8:30AM							ZUMBA
8:45AM						CARDIO BLAST *45 MIN	
9:15AM				WALKING GROUP			
9:30AM	BODYPUMP	THT	BODYPUMP	ZUMBA	BODYPUMP	BODYPUMP	BODYCOMBAT
10:30AM	CORE *30 MIN	HIIT *30MIN			THT	YOGA	BODYSTEP
11:00AM			ACTIVE ADULTS				
5:30PM	BODYPUMP	ZUMBA	BODYPUMP	BODYSTEP			
6:30PM	BODYATTACK	BODYCOMBAT	BODYATTACK	STUDIO MATWORK PILATES	YOGA		
7:30PM	YOGA	STUDIO MATWORK PILATES	YOGA				

CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15AM			RPM				
9:00AM						RPM	
9:30AM	CYCLE			CYCLE			
6:45PM	RPM		RPM				

AQUA AEROBICS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:10AM	AQUA	AQUA	AQUA	AQUA	AQUA	AQUA	
10:15AM		AQUA HYDRO	AQUA HYDRO		AQUA HYDRO		
11:00AM	AQUA			AQUA			



Download the
Active World App
to book your group
fitness classes



Use our facility
code: TRAC