



GROUP FITNESS TIMETABLE



For more information contact our team on:
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GYM CLASSES:

KIMAX 45min

This amazing program from Radical Fitness utilises free-standing boxing bags. No previous boxing experience or co-ordination required.

FITBALL 45min

A specialised class designed to improve core strength and stability while challenging the body using a range of different exercises. Fitball is a program that caters for all fitness levels.

STRONG SENIORS 45min

A resistance focused exercise program that utilises gym based machines along with free weights. This program is aimed at helping participants improve strength, stability and overall fitness.

ZUMBA 60min

A Latin dance class like no other. All fitness levels welcome. Ditch the workout, join the party!

YOGA 30/45/60min

Building strength, flexibility, stamina, balance and coordination, this slow flow pace class is suitable for all levels. Options are provided for complete beginners up to advanced students.

ABT 45min

Be strong through your hips and core with our fat burning abs, butts and thighs class.

PILATES 45min

Control, activate and develop strength and coordination through our comprehensive Pilates class designed for all levels.

ZONE 30 30min

Developed by our onsite exercise professionals, Zone 30 utilises the functional training frame along with expert programming to deliver a high intensity resistance based workout that will help increase your strength, mobility and anaerobic capacity. While a muscle activation warm-up is included in all Zone 30 classes, please arrive 10min prior to the start time to perform your own cardio warm-up.

RIP 45min

A high intensity class based around free weights, this pre-choreographed class trains all the major muscles that make you feel strong, and all the minor ones that make you look and feel great. FEEL STRONG. BE STRONG.

TEENZONE 30 30min

Learn to lift, jump, swing and move properly in our dedicated Teenzone 30 classes for anyone ages 13-16. (TeenFit membership required)

AQUA CLASSES:

FAB 50's 45min

A low impact, low to moderate intensity class that aims to improve your cardiovascular fitness, strength, stability and bone density. No swimming experience required.

AQUA DEEP 45min

This deep water class targets cardiovascular fitness, muscle strength and core stability with the aid of a buoyancy belt to keep you afloat.

AQUA SPLASH 45min

A low impact, moderate intensity class held in the leisure pool aimed to improve strength, flexibility and endurance. No swimming experience required

IT'S TIME TO GET FIT

Offering over 45 fitness classes per week, ALAC will surely have something to suit everybody's fitness needs.









With all classes run by fully qualified and accredited fitness professionals, ALAC is the perfect place to discover the fitter, healthy version of yourself.

Patrons must be over the age of 16 to use the group fitness facilities.

GYM GROUP CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	 ZONE 30		 ZONE 30		 YOGA (45min)		
8:00am		 STRONG SENIORS		 STRONG SENIORS			
9:15am	 FITBALL			 PILATES			
10:15am	 ZONE 30	 ABT	 YOGA (60min)		 ZONE 30		 YOGA (60min)
12:15pm	 ZONE 30	 ZONE 30	 YOGA (30min)	 ZONE 30	 ZONE 30		
3:45pm	 TEENZONE 30		 TEENZONE 30				
4:30pm	 ZONE 30		 ZONE 30	 ZONE 30			
5:30pm			 ZONE 30		 YOGA (60min)		
6:15pm		 YOGA (45min)		 ZONE 30			

AQUATIC GROUP CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am	 FAB 50s		 FAB 50s		 FAB 50s		
8:30am		 AQUA SPLASH		 AQUA SPLASH			
12:15pm			 AQUA SPLASH				
6:00pm	 AQUA DEEP		 AQUA DEEP				