

GROUP FITNESS CLASSES

TIMETABLE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN STUDIO	06:05am		Strength Brett 30min					
	07:00am	B Active Longer - Aerobic Robynne 45min	BODYPUMP Charne 45min	B Active Longer - Aerobic Robynne 45min	Core & More Robynne 45min	COMING SOON Barre Bethany 45min		
	08:00am	Mat Pilates Charne 50min	Yoga Gentle Nadine 50min	Yoga Blend Nadine 50min	Hatha Yoga Charne 50min	B Active Longer - Circuit Terri 45min	Vinyasa Yoga Charne 50min	
	09:00am	BODYPUMP Terri 60min	Fit & Fabulous Robynne 45min	COMING SOON Barre Bethany 45min	BODYPUMP Robynne 45min	Zumba Lauren 60min		
	10:00am	Zumba Lara 60min	Chair Yoga Nadine 45min	Zumba Lara 60min	COMING SOON Barre Bethany 45min	BODYPUMP Terri 60min		COMING SOON Yoga Flow Michael 50min
	11:15am	B Active Longer - Circuit Leah 45min	Stretch & Strength Brett 45min	B Active Longer - Circuit Leah 45min	Stretch & Strength Brett 45min			
	12:15pm	Chair Yoga Vanessa 45min						
	4:00pm				Yoga Charne 50min			
	4:30pm	Kids Zumba Lauren 45min		Mat Pilates Charne 50min		Yin Yoga Belle 50min		
	5:00pm				Zumba Lauren 60min			
	5:30pm	Mat Pilates Robynne 45min	Zumba Lara 60min	BODYPUMP Charne 45min				

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SMALL GROUP STUDIO	6:05am	Aerobic Vanessa 30min		Functional Leah 30min	Aerobic Vanessa 30min	Strength Leah 30min		
	6:35am	Aerobic Vanessa 30min		Functional Leah 30min	Aerobic Vanessa 30min			
	8:00am			B Active Longer - Functional Robynne 30min				
	8:45am					Strength Leah 30min		
	9:00am	Aerobic Leah 30min	Strength Brett 30min	Functional Robynne 30min	Aerobic Vanessa 30min		Functional Brett 30min	
	9:25am					Strength Vanessa 30min		
	11:15am					B Active Longer - Strength Leah 30min		
	5:30pm	Cardio Boxing Mick 30min	Strength Mick 30min	Functional Hayley 30min	Aerobic Mick 30min			

Great Lakes Aquatic Centre

55 Lake Street, Forster, NSW 2428 | 02 8344 0901

greatlakesalc@belgravialeisure.com.au | greatlakesalc.com.au

Opening Hours

Monday - Thursday: 6:00am – 9:00pm | Friday: 6am – 8pm

Saturday: 8am – 5pm | Sunday: 9am – 5pm

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POOL	08:00am	AQUA AEROBICS Lauren 45min	AQUA AEROBICS Charne 45min	AQUA AEROBICS Bethany 45min	AQUA AEROBICS Shona 45min	AQUA ZUMBA Lauren 45min		
	09:30am	AQUA AEROBICS Bethany 45min		AQUA AEROBICS Shona 45min		AQUA AEROBICS Bethany 45min		
	6:15pm				AQUA ZUMBA Lauren 45min			

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REFORMER PILATES	07:00am				Reformer Pilates 45min (Bethany)			
	10:00am			Reformer Pilates 45min (Belle)		Reformer Pilates 45min (Belle)	Reformer Pilates 45min (Brett)	
	11:15am	Reformer Pilates 45min (Vanessa)						
	5:15pm		Reformer Pilates 45min (Robynne)					

Reformer Pilates In-Person Class Pricing

Full Access Member/Fitness Passport \$10.50

Non-Member \$26

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