



Fitness Timetable as at June 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
AM					
6.15am – 7.00am	Aqua Aerobics 25m Pool Anne	TRX Gym Anne	Aqua Aerobics 25m Pool Anne	RIP Gym Anne	Aqua Aerobics 25m Pool Anne
9.00am – 9.45am	Aqua Aerobics 25m Pool Anne	RIP Gym Anne	Aqua Aerobics 25m Pool Anne	Strength Gym Anne	Aqua Aerobics 25m Pool Anne
10.00am – 10.45am	Strength Gym Anne		TRX Circuit Gym Anne		
10.30am-11.00am		Gentle Aqua Warm Water Pool Anne		Gentle Aqua Warm Water Pool Anne	
PM					
1.00pm – 1.30pm		Transform Gym Anne		Transform Gym Anne	
2.00pm – 2.30pm			Gentle Knees & Hips Warm Water Pool Anne		
5.15pm – 6.00pm	Aqua Aerobics 25m Pool Anne	Circuit Gym GALC Fitness Instructor	Aqua Aerobics 25m Pool Anne	Circuit Gym GALC Fitness Instructor	



Goulburn Aquatic & Leisure Centre
 85 Deccan Street, GOULBURN NSW 2580
 Phone: 02 48234 834



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PROGRAMME DESCRIPTIONS

AQUA AEROBICS

Low Impact does not mean you are not getting a workout. This water routine is a great way to exercise with no stress on muscles and joints. Your range of movement is increased in the water with moves to help, balance, flexibility, strength and cardio. These classes are suitable for all fitness levels and ages. A fun workout for everyone.

RIP

“Strong for Life”. Barbell class for strengthening every muscle of the body through low impact functional training (with the option is to use free-weights). Let the music motivate you as you are working out.

TRX

Suspension training that uses body-weight exercises to develop strength, balance, flexibility and core training simultaneously. The TRX Suspension Trainer is a performance training tool that leverages gravity and your bodyweight to complete the exercises.

TRX CIRCUIT

Combination training using the TRX Trainer, cardio and bodyweight exercises for an all over body workout. Work at your own pace or take a challenge!

TRANSFORM

A feel good class to increase your range of motion, strength, flexibility and mind/body. This class combines yoga, pilates, tai-chi and cardio tracks for mind, body and heart wellness. A great fit into your regular workouts.

HYDROTHERAPY GENTLE AQUA

Conducted in the warm water pool these gentle exercises will increase mobility, reduce pain and strengthen muscles. Improve your balance and co-ordination in the warm water environment whilst working at your own pace.

HYDRO HIPS AND KNEES

A great workout for pre and post-operative surgery or wellbeing in general. This gentle class increases range of movement through exercise in the water. Exercise the muscles without weight bearing making your workout easier and less stressful on the body and joints. Work at your own pace under professional instruction.



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