

GROUP FITNESS TIMETABLE

AUBURN RUTH EVERUSS AQUATIC CENTRE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am					Swim Fit Annie	
7:00 am			Yoga Vicky			
8:00 am	Aqua Fit Elham	Aqua Fit Gokden	Aqua Fit Tatiana	Aqua Fit Gokden	Aqua Fit Tatiana	Zumba Gold Elizabeth
9:00 am	Deep Aqua Elham	W.O.W Sandra (9:15am)	Abs & Stretch TBC	Women's Fitness (<i>Women's Only</i>) Sandra (9:15am)	Deep Aqua Tatiana	Aqua Zumba Elizabeth
10:00 am	Yoga (<i>Women's Only</i>) Vicky (10.15am)					Deep Aqua Elizabeth
12:00 pm		Warm Aqua Elham (12.15pm)	Warm Aqua Karen		Warm Aqua (<i>Women's Only</i>) Claudia	
7:00 pm	Swim Fit Liam / Jen	Aqua Fit Elizabeth	Aqua Zumba Elizabeth			

Bookings required for all classes via Active World App qua Class
your own exercise mat to all Wellness Classes.

Bring

CLASS DESCRIPTIONS

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AQUA FIT (45 MINS)	Aqua Fit is an impact-free class designed to improve balance, agility, posture, flexibility and core strength. These entry-level classes introduce beginners to base moves and fitness-development activities in the water in a safe, supportive, and inclusive environment.
DEEP AQUA (45 MINS)	Deep Aqua is a full body workout, which combines cardiovascular, muscle conditioning and interval training from the deep end with buoyancy belts provided. This is suited for experienced participants and can increase range of motion and non-impacting movements.
WARM AQUA (45 MINS)	Warm Aqua is warm water exercise designed to improve muscular strength, cardio-vascular fitness and flexibility in an environment that has minimal impact on the joints.
AQUA ZUMBA (45 MINS)	Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party, you shouldn't miss! There is less impact on your joints during a class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.
SWIM FIT (60 MINS)	Swim Fit is a coached swimming fitness class designed to improve cardiovascular fitness, swimming efficiency and overall endurance. Combining structured swim sets, technique guidance and a supportive social atmosphere, this class is perfect for swimmers looking to build confidence, fitness and skills without the pressure of squad training or competition.
ABS & STRETCH (45 MINS)	A balanced class focused on building a stronger, more resilient body from the inside out. Abs & Stretch combines core strength exercises with targeted hip mobility work to improve stability, strength, and movement quality. Designed for all ages, fitness levels, and confidence levels, this class supports the development of body awareness and confidence, helping you move better, feel stronger, and stay active as you age.
WOMENS FITNESS	A supportive, women-exclusive class designed to help you feel strong, confident, and empowered. Held in our private group fitness studio, this session blends high-energy HIIT, mobility work, and targeted pelvic floor strengthening to support your overall health and wellbeing. Whether you're starting your fitness journey or looking to level up, Women's Only FIT creates a safe and uplifting space to move, grow, and thrive alongside like-minded women.
ZUMBA GOLD (60 MINS)	Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms and resistance training. Zumba involves dance and aerobic movements performed to energetic and motivating music.
W.O.W (45 MINS)	W.O.W which stands for Workout of the Week is a class designed to be fresh week in week out. The class is a hybrid between HIIT, Bootcamp and Core – anything goes, but don't worry – this class is accessible for all ages