

GROUP FITNESS TIMETABLE

ALBANY LEISURE & AQUATIC CENTRE

	MON	TUE	WED	THU	FRI	SAT
6:15AM	ZONE 30	ZONE 30	ZONE 30	ZONE 30		
8:00AM	AQUA ENERGY					
9:15AM		AQUA SPLASH	AQUA ENERGY	AQUA SPLASH	AQUA ENERGY	
9:15AM	FITBALL	KIMAX	RIP	ABT	KIMAX	KIMAX
10:15AM	PILATES	ZONE 30	YOGA (60)	PILATES	ZONE 30	
1:15PM	AQUA SPLASH		AQUA SPLASH	AQUA SPLASH		
4:30PM	ZONE 30		ZONE 30	ZONE 30	ZONE 30	
5:30PM	KIMAX	RIP	ZONE 30	PILATES		
6:00PM	AQUA DEEP		AQUA DEEP			
6:15PM	ZUMBA	YOGA (45)	KIMAX			

	GF ROOM
	GYM
	LEISURE POOL
	LAP POOL

NOTE: ALL PATRONS MUST BE OVER THE AGE OF 16 TO PARTICIPATE IN ANY ALAC GROUP FITNESS CLASS | TIMETABLE EFFECTIVE: JAN 2024

ZONE 30

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 warm-up.

KIMAX

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

FITBALL

A 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.

PILATES

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

YOGA

Building strength, flexibility, stamina, balance and coordination, this slow flow class is suitable for all levels. Options are provided for complete beginners up to advanced students. Wednesday's 10:15am class runs for 60 minutes, with all others running for 45.

ABT

Abs, butts and thighs is a class dedicated to building strength as well as toning the muscles in these often sought after areas. ABT will have you feeling great while firing up the fat-burning process at the same time.

RIP

A pre-choreographed class based around free weights, this 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.

ZUMBA

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

AQUA ENERGY

A low-impact, moderate intensity Aqua class that utilises a range of specialised equipment to create a fun and energetic workout. Aqua Energy will have you burning calories while keeping fit, strong and mobile.

AQUA SPLASH

A moderate intensity class held in the waste-deep leisure pool aimed at improving cardiovascular fitness, strength, mobility and endurance. No swimming experience required.

AQUA DEEP

This low-impact, non-weight bearing class targets cardiovascular fitness, and aims to improve muscle strength and core stability, with the aid of a buoyancy belt to help keep you afloat.

IT'S TIME TO GET FIT WITH ALAC!

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

All classes have a 45-min run time unless otherwise stated.

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