

# GROUP FITNESS TIMETABLE

ALBANY LEISURE & AQUATIC CENTRE

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

- GF ROOM
- GYM
- LEISURE POOL
- LAP POOL
- GF ROOM- HYBRID CLASS

NOTE: ALL PATRONS MUST BE OVER THE AGE OF 16 TO PARTICIPATE IN ANY ALAC GROUP FITNESS CLASS | TIMETABLE EFFECTIVE: MAY 2026

## ZONE 30

Zone 30 combines functional training and expert programming for a high-intensity, resistance-based workout that boosts strength, mobility, and anaerobic capacity. Please arrive 10 minutes early to complete your own warm-up, as only a brief muscle activation is included.

## KIMAX

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

## FITBALL

Fitball is a fun combination of strength, cardio and balance training. Suitable for all fitness levels.

## PILATES

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

## CORE

30 minutes of core work designed to build core strength, core stability and overall functional strength. Suitable 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.

## 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.

## DANCE UNLIMITED

A dance class like no other. Dance unlimited is a combination of cardio and toning exercises, suitable for beginners with low and high intensity options offered. Work up a sweat, while having fun along the way!

## HIIT POWER

30 minutes of HIIT training, using a bench, weights and bodyweight to ignite the power within! suitable for all fitness levels.

## 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 waist-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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