

Strong Seniors

This is a resistance based group activity utilising a variety of equipment and free weights. This is a class designed specifically to develop strength, stability and overall fitness.

Yoga

Yoga moves slowly and deliberately through a gentle sequence of poses to help you stretch, calm your inner self and improve balance.

Pilates

Pilates techniques are suitable for all fitness levels improving core strength, postural alignment as well as physical and mental wellness.

Line Dancing

Line Dancing is a fun and inviting class where you will learn and follow along to a sequence of steps. Perfect for those who love dancing, but also want a fun and relaxing class to move along with.

Social Sports

These sessions are all offered indoors and include Carpet Bowls, Tennis, Table Tennis and the brand new sensation taking over the sporting world - Pickleball!

Come and join-in on the relaxed pace and social atmosphere with a morning of low impact, modified sports.

Fitball

This is an exercise class based around the use of stability (or Swiss) balls to improve core strength, challenge yourself and watch your balance and posture improve.

Heart Foundation Walk

Packed with health benefits, our walking groups are the perfect place to get moving and meet new people. A separate schedule for walk locations can be collected from ALAC or found on our website.

Zone Strength

Zone Strength is a modified version of ALAC's popular Zone 30 interval training class. Held in the gym using the X-Zone Functional Training frame, Zone Strength will help you build strength and mobility while developing your confidence with using functional training equipment and free weights in the gym setting.

Seated Dance

A low to zero impact dance program performed in a chair using large muscle groups in the upper and lower body. Ideal for people with back or joint issues and limited mobility.

Seated Stretch

This is a chair-based, general stretching class which includes some gentle mobility and light resistance, suitable for anyone with limited mobility.

Zumba

Zumba is an engaging Latin-inspired dance class guaranteed to get you moving. Combining all elements of fitness - cardio, muscle conditioning, balance and flexibility!

Zumba Gold

Zumba Gold is a low impact version of Zumba perfect for beginners, fitness newbies and those that may need low impact/modified exercise! Ditch the workout, Join the party!

Aqua Energy

A low impact, moderate-intensity class, focusing on improving cardiovascular fitness and muscle endurance. Options are offered throughout to make this class suitable for all fitness and ability levels - A fun workout matched with some great music!

Aqua Splash

Held in the waist-deep leisure pool, Aqua Splash is a medium intensity class that uses a range of different equipment to create a full-body cardio workout that will also have your muscles firing.



Long Live You!

Physical and social activities for people 50+

	MON	TUE	WED	THU	FRI
8:00am	AQUA ENERGY STRONG SENIORS	STRONG SENIORS	YOGA STRONG SENIORS	STRONG SENIORS	STRONG SENIORS
9:00am	HEART WALK		HEART WALK		HEART WALK
9:15am		AQUA SPLASH	AQUA ENERGY	AQUA SPLASH	AQUA ENERGY
10:00am			SOCIAL SPORTS 10AM - 12PM		
11:15am	★ ZONE STRENGTH PILATES	YOGA	★ ZONE STRENGTH	FITBALL BEGINNER LINE DANCING	★ ZONE STRENGTH PILATES
12:15pm	STRONG SENIORS		SEATED STRENGTH	ADVANCED LINE DANCING	STRONG SENIORS
1:15pm	AQUA SPLASH	SEATED DANCE	AQUA SPLASH	ACTIVE MINDS AQUA SPLASH	SEATED STRETCH
2:15pm	FITBALL				
LOCATIONS: Gym Group Fitness Room Courts Leisure Pool Lap Pool Other					

★ Booking required

Timetable effective: 18 January 2024

Please note: This timetable is subject to change

Long Live You!

WEEKDAYS

Gym access from 7am - 3pm

Pool access from 7:30am - 3pm

WEEKENDS

Gym & Pool access from 8am - 3pm

plus

Unlimited access to our exclusive Long Live You class timetable!

Full Access

Access to all classes, gym and aquatic area (inc. spa and steam-room)

3 month - \$136.00

12 month - \$545.00

Direct Debit - \$45.42/mth*

Aqua Only

Access to Aqua-Fitness classes and aquatic area (inc. spa and steam-room)

3 month - \$96.00

12 month - \$382.00

Direct Debit - \$31.83/mth*

*Direct debit memberships have a minimum 3-month term and will incur a once-off \$60 start-up fee

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