

# GROUP FITNESS CLASSES

## TIMETABLE

16TH-20TH  
DECEMBER

	MON	TUES	WED	THURS	FRI
6:00am	<b>BODY PUMP</b> 60min (Kim)	<b>SPIN</b> 45min (Kim)	<b>BODY PUMP</b> 60min (Kim)		<b>SPIN</b> 45min (Kim)
6:30am				<b>FAT FARMERS</b> 60min	
7:15am			<b>AQUA</b> 45min (Linda)		<b>AQUA</b> 45min (Linda)
8:00am			<b>AQUA</b> 45min (Linda)		<b>AQUA</b> 45min (Linda)
9:00am			<b>FITNESS BOXING</b> 45min (Shauna)		
9:30am	<b>CARDIO HIIT</b> 45min (Nicole)	<b>BODY BALANCE</b> 60min (Donna)	<b>ACTIVE ADULTS</b> 60min (Nicole)	<b>CARDIO HIIT</b> 45min (Shauna)	<b>BODY PUMP</b> 60min (Linda)
11:00am	<b>STRENGTH+</b> 60min (Shauna)		<b>STRENGTH +</b> 60min (Nicole)		<b>STRENGTH+</b> 60min (Shauna)
5:30pm	<b>CARDIO-CORE</b> 60min (Nicole)	<b>SWEAT SESH</b> 60min (Nicole)	<b>SWEAT SESH</b> 60min (Nicole)	<b>BODY BALANCE</b> 60min (Donna)	
6:15pm				<b>AQUA</b> 45min (Linda)	

- Bookings must be made for **AQUA** and **SPIN** Classes. Please book your place on Active World or call the centre on 88213106.
- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Casual Attendance to classes is welcome.



SCAN HERE  
TO SEE OUR  
TIMETABLE ONLINE!

# GROUP FITNESS CLASSES

## DESCRIPTIONS

4th April 2025

### BODY PUMP

The original strength and toning class. This 60 minutes addictive workout will challenge all of your major muscle groups by using body weight and barbell exercises in a motivational environment.

### SPIN

Workout on our stationary bikes, go at your own pace or try to keep up with our instructor.

### BODY BALANCE

A combination of Yoga, Tai Chi, Pilates workout that builds flexibility and overall strength and leaves you feeling centred and calm.

### FAT FARMERS

To inspire and encourage farmers and those living in rural communities to improve their health and wellbeing through physical activity. In 2015, the Fat Farmers concept expanded beyond Yorke Peninsula, connecting with other farmers across South Australia. Fat Farmer groups (or teams) are now dotted across the state including Kadina.

### AQUA

A low-impact, high-energy workout held in the pool that's perfect for all fitness levels. Using the resistance of water, this class helps improve cardiovascular fitness, strength, flexibility, and balance—without putting stress on the joints. It's a fun and refreshing way to stay active, meet new people, and enjoy the benefits of exercise in a supportive environment.

### CARDIO HIIT

Join us for a high intensity class that will make you sweat. Boost your metabolism, build endurance and heart health - keep the burn going long after the workout!

### FITNESS BOXING

A high-energy, full-body workout that combines boxing techniques with cardio and strength exercises. Designed for all fitness levels, this class helps improve coordination, build endurance, and boost overall fitness while having fun. Y

### STRENGTH+

Designed for our older exercisers or those wanting to get back some strength, mobility, and aerobic fitness. Light weights, cardio and stretching are all apart of it!

### FITBALL

Suitable for all fitness levels, a fantastic class for those who are starting their fitness challenge. This class concentrates on core control and breathing to help support your spine and reduce future injuries, this class is also suitable for athletes that need work on their flexibility and balance.

### SWEAT SESH

A fast-paced, cardio-based class that mixes things up every week—depending on how Nicole's feeling! From circuits to high-intensity intervals, you'll never quite know what's coming, but one thing's for sure: your heart rate will be up, the sweat will be flowing, and you'll torch plenty of calories.

### ACTIVE ADULTS

Designed for our older exercisers with an emphasis on light weight work for aerobic fitness, posture and stability.

### CARDIO-CORE

All about getting you fit, strong, and toned. This class combines heart-pumping cardio with targeted core exercises to help build endurance, burn fat, and strengthen your abs, back, and obliques. It's a great full-body workout that'll leave you feeling energised.