NOTES ON USE

(Delete this page once you have read)

- Duplicate this PPT incase you need to refer back to original version.
- Ensure spacing on table is even (same height x width) for legibility and professionalism.
- Ensure fonts for titles, body copy etc. remain the same size as it was setup for legibility and better user experience.
- Ensure classes are same colour for consistency and better user experience.
- Fill out class descriptions page, try to keep paragraphs of other classes roughly the same word count.

GROUP EXERCISE CLASSES
TIMETABLE

00 MONTH – 00 MONTH 2024

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN STUDIO	5:45am	HIIT 45min (Trainer)	ABT 45min (Trainer)	Boxing 45min (Trainer)	Barbell 45min (Trainer)	Bootcamp 45min (Trainer)	HIIT 45min (Trainer)	
	7:30am						Cycle 45min (Trainer)	
	7.45am					Gentle Yoga 60min (Trainer)		
	8:00am	Low Impact Circuit 45min (Trainer)	Low Impact Chair 45min (Trainer)	Low Impact Circuit 45min (Trainer)	Low Impact Chair 45min (Trainer)			
	9:00am	Boxing 45min (Trainer) / Yoga 60min (Trainer)	Barbell 60min (Trainer)	Gentle Yoga 60min (Trainer)	Yoga 60min (Trainer)	Yogalates 60min (Trainer)	Yoga 60min (Trainer)	
	10:00am			Gentle Yoga 60min (Trainer)				
	5:00pm	Barbell 45min (Trainer)	Pilates 45min (Trainer)	ABT 45min (Trainer)				
	6:00pm	Bootcamp 45min (Trainer) / Pilates 45min (Trainer)	HIIT 45min (Trainer) / Yoga 60min (Trainer)	Bootcamp 45min (Trainer)	Boxing 45min (Trainer) / Yoga 60min (Trainer)	Bootcamp 45min (Trainer)		
	6:00pm			Yoga 60min (Trainer)				

- At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.
- Class times subject to change.

PLACE YOUR LOGO HERE

GROUP EXERCISE CLASSES
TIMETABLE

01 MAY 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUATICS	5.30am	**Swimfit** 90min (Helen)		**Swimfit** 90min (Peter)		**Swimfit** 90min (Peter)		
	8.00am		**Aqua Aerobics** Healthy Sunshine Coast 60min (Glen)			**Aqua Aerobics** Healthy Sunshine Coast 60min (Maria)		
	8.45am	**Swimfit** 75min (Helen)	**9am Walking Group** 60min (Glen)		**Swimfit** 75min (Helen)		**9am Aqua Aerobics** Rotating Styles 60min (Megs/Wendy)	
	10:00am	**Aqua Aerobics** Brain Body Wellness 60min (Glen)						
	1:00pm					**Aqua Aerobics** Brain Body Wellness 60min (Glen)		
	5.30pm		**Aqua Aerobics** Rotating Styles 60min (Glen)		**Aqua Aerobics** HIIT 60min (Glen)			

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Nambour AQUATIC CENTRE

GROUP EXERCISE CLASSES
DESCRIPTIONS

01 MAY 2026

HIIT
High intensity interval training! A mix of strength, cardio and plyometric exercises performed in intervals of less than a minute with a short rest in between. If you want to get fit fast, then this class is for you!

ABT
Get ready to burn your Abs, Booty and Thighs in this motivating class! This class is suitable for all fitness levels and focuses on toning, shaping, and strengthening these muscle groups.

BOXING
This class combines the fun of a traditional boxing class and functional moves together all in energy packed class. Designed to get you working to the max.We have boxing gloves supplied or you can bring your own. We do recommend bringing your own wrist wraps to protect your knuckles.

BOOTCAMP
Have fun, get fit and learn new skills in these higher intensity classes whilst trying a number of different fitness mediums. Lots of volume with either more reps or more time.

BARBELL
If you like weights and moving a barbell then this is the class for you. We perform a wide variety of barbell, dumbbell and any kind of weight movements throughout this class and you'll be sure to feel toned, strong and better than ever very soon!

YOGA
A workout for the mind, body and soul. A class with strong focus on safe alignment. We practice all styles of Yoga here and can cater to people of all abilities.

GENTLE YOGA
Similar to Yoga but we begin the session in a standing position aim to make our way to the ground throughout the session. We even have modifications using a chair to accommodate those who may not be able to get to the floor.

PILATES
This type of exercise uses coordinated breath and movement to strengthen and stretch the body. It focuses on core strength and posture.

YOGALATES
A mix between Yoga and Pilates you'll find a great stretch with a lot of core strength in this class format.

LOW IMPACT CIRCUIT
Designed to get you moving through an assortment of low impact training and body or light weight exercises. These low impact classes are designed for any age and are perfect for working at your own pace.

LOW IMPACT CHAIR
Designed for the mature and motivated gym member, this class is a full body workout using balls, bands and dumbbells all while sitting in a chair.

AQUA AEROBICS
This water-based class format is designed to tone and sculpt your body in our heated 25mtr pool. A popular blend of cardio and resistance training for all fitness levels.

AQUA DEEP WATER
A great cardio workout using a buoyancy belt in our deep water 50mtr pool. This class will get you fit very quickly. Suitable for all fitness levels.

SWIMFIT
Offers stroke correction in a friendly, social environment allowing participants to improve their swimming technique and fitness at their own pace.

AQUA DANCE
This class is known as "Party in the pool" workout. You leave this class with all the good endorphins flowing from having so much fun! Dancing in the water is less impact on the joints but you'll still get a great workout in.

AQUA STRETCH & STRENGTH
This class will provide a release of tension for the entire body and will leave you feeling like you'll want more of it. Stretching and realising is optimal way of recovery regardless of your fitness levels this class is for you!

Nambour AQUATIC CENTRE

GROUP EXERCISE CLASSES
TIMETABLE

00 MONTH – 00 MONTH 2024

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAIN STUDIO	5:45am	HIIT 45min (Trainer)	ABT 45min (Trainer)	Boxing 45min (Trainer)	Barbell 45min (Trainer)	Bootcamp 45min (Trainer)	HIIT 45min (Trainer)
	7:30am						Cycle 45min (Trainer)
	7.45am					Gentle Yoga 60min (Trainer)	
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GROUP EXERCISE CLASSES
TIMETABLE

00 MONTH – 00 MONTH 2024

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUATICS	6:00am	Aqua Aerobics 45min (Trainer)	Aqua Aerobics 45min (Trainer)	Aqua Aerobics 45min (Trainer)	Deep Water 45min (Trainer)		
	6:30am						Aqua Dance 45min (Trainer)
	6.45am				Aqua Aerobics 45min (Trainer)	Aqua Aerobics 45min (Trainer)	
	7:00am	Aqua Aerobics 45min (Trainer)	Aqua Aerobics 45min (Trainer)	Aqua Aerobics 45min (Trainer)			Swimfit 60min (Trainer)
	8:00am					Deep Water 45min (Trainer)	
	6:00pm		Swimfit 60min (Trainer)				
	6:15pm	Aqua Aerobics 45min (Trainer)	Aqua Stretch & Strength 45min (Trainer)	Aqua Aerobics 45min (Trainer)	Aqua Aerobics 45min (Trainer)		

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