

AQUAMOVES

GROUP FITNESS TIMETABLE

Effective November 2025



60 minute class

45 minute class

30 minute class

STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.15am*	Circuit-Mixed		Circuit-HIIT		Circuit-Teams		
6.15am	Circuit-Mixed	Body Pump	Circuit-HIIT	Circuit- Strength	Circuit-Teams		
8.00am						Circuit-Mixed	
9.00am						Body Pump	
9.15am		✿ Pilates	✿ Fun and Fitness	✿ Body Combat	✿ Body Pump		
10.00am	Gen Active Circuit	Fun and Fitness	Gen Active Body Pump		Fun and Fitness	Yoga/Pilates (Rotate Weekly)	Body Balance
10.30am							
11.00am	Gen Active Body Balance		✿ Pilates		Yoga		
12.15pm		Body Pump		Pilates			
5.30pm	GRIT	Body Combat	Body Pump	Body Pump	Body Combat		
6.00PM	Body Pump			GRIT			
6.30pm	Body Balance	Pilates		Body Balance			

AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15am		Deep Water Running		Deep Water Running			
8.30am			Aqua Arthritic				
9.00am	Aqua Arthritic	Aqua Hi-Lo		Aqua Hi-Lo	Deep Water Running		Aqua Hi-Lo
9.30am							
10.00am	Aqua Arthritic		Aqua Arthritic		Yoga Aqua Arthritic		

*Please be advised that attendance in classes requires possession of a 20/7 access fob. Ensure you have your access fob with you to gain entry to the facility.

*Timetable subject to change without notice.

✿ Child-friendly Group Fitness Classes

Please visit our website for live and up to date session times, as well as class descriptions.

Visit www.aquamoves.com.au for more info.  

Aquamoves is proudly provided by Greater Shepparton City Council.



AQUAMOVES

GROUP FITNESS TIMETABLE

CYCLING STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15am	RPM		Sprint		RPM		
7.15am						RPM	
9.15am	RPM						
10.00am				RPM			
12.15pm	RPM X-Press		Sprint		Sprint		
5.30pm		RPM	RPM	RPM			
6.00pm	Sprint						

OUTDOOR CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00pm		Outdoor Functional Training		Outdoor Functional Training			

CLASS DESCRIPTIONS

Aqua Arthritic

Conducted in the Hydrotherapy Pool, this class is specially designed for those who are fragile or suffer from any arthritic symptoms. It offers a gentle workout in warm, soothing surroundings.

Aqua Hi-Lo and Deep Water Running

These Aqua Aerobics classes are designed to cater for all fitness levels and ages. They provide a great cardiovascular and muscle-toning workout without impacting your joints. You will improve core strength while strengthening all major muscle groups.

BodyCombat (Les Mills)

This high-energy, martial-arts-inspired workout is totally non-contact and has no complex moves to master. You'll punch and kick your way to fitness while releasing stress and having a blast.

Body Pump (Les Mills)

A total body sculpting, high repetition, muscular endurance, fat burning, weight workout accompanied by highly motivating music. Suitable for all levels of fitness - you work at your own level.

Body Balance (Les Mills)

A Yoga influenced, pre-choreographed exercise program set to uplifting music. It combines free-flowing moves with a focus on improving strength, flexibility, and relaxation.

Child-friendly Group Fitness

Kids' are welcome at these classes, with a dedicated play space while you workout nearby.

Circuit

Circuit-Mixed (Mon + Sat)

Balanced blend of cardio bursts and functional lifts—build engine and strength in one hit. Scalable, time-based stations.

Circuit-HIIT (Wed)

Short, high-effort intervals with controlled recovery to spike heart rate and power. Fast turnover, clear targets.

Circuit- Strength (Thur)

Technique-driven lifting with compound moves and smart accessories to build strength and joint resilience. Tempo work, tracked progress.

Circuit-Teams (Fri)

Partner/small-team format with shared reps, relays, and "you go / I go." Big energy, camaraderie, and clear targets—scaled to the team.

Fun and Fitness

Our Fun and Fitness class is an old-school aerobics, lower-impact workout that will not only get you moving but also ensure you have loads of fun while getting fit! This 45-minute class is a full body workout and will cover cardio, strength, balance and core work and make sure you are easing back into a fun fitness routine!

Generation Active

Any classes using the term Generation Active (Gen Active) refer to options particularly suitable for people of all ages and abilities. While the large majority of participants in these classes may be older adults, they are ideal for beginners and seasoned athletes alike.

Les Mills GRIT Strength

GRIT Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plates and bodyweight exercises to blast all major muscle groups.

Les Mills Sprint

Sprint is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits.

Outdoor Functional Training

Functional training creates a healthy, well-conditioned body and is effective for individuals who need to improve balance, stability and neuromuscular coordination. Functional Training also helps build inner strength, whilst improving endurance, range of motion and posture. People who use functional training tend to have a more balanced physique, tight abdominals, and a generally toned appearance.

Pilates

Improve your posture and strengthen the core muscles that help to stabilise your body. This class is ideal for beginners to advanced participants. The class will also help you to improve your circulation, flexibility and muscle tone.

RPM and RPM X-Press (Les Mills)

An awesome and powerful indoor cycling class which is fantastic for shaping and toning the lower body and will dramatically increase your fitness levels. This is perfect for the beginners to advanced as the ride is totally controlled by you, via a resistance gauge.

Yoga

A medium paced, holistic class with emphasis on awareness, alignment and balance. Simple breathing techniques are included in the practice and the class finishes with a guided deep relaxation.

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