

**OPENING HOURS**

**MONDAY - FRIDAY 6AM to 8.30PM**  
**SATURDAY 8AM to 5PM**  
**SUNDAY 1PM to 5PM**

**Note: Pool closes 15 minutes before centre closing time.**

**GROUP FITNESS & AQUA CLASSES**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15am		<b>SPINNING</b> 	<b>DEEP WATER RUNNING</b>		<b>SPINNING</b> 	
8.15am						<b>SPINNING</b> 
9.00am		Body Movement <b>Pilates</b> 9.30am	 9:30am			 9:15am
10.00am		<b>AQUA MOVERS</b>		<b>AQUA MOVERS</b>		
11.00am	<b>ACTIVE OLDER ADULTS</b> 		<b>ACTIVE OLDER ADULTS</b> 			
6.00pm	<b>AQUA MOVERS</b>		<b>AQUA MOVERS</b>		<b>AQUA MOVERS</b>	
6.15pm	Body Movement <b>Pilates</b>		<b>SPINNING</b> 			
7.15pm						

**61-73 High St, Ararat, Vic, 3377**

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## **BODY PUMP– Les Mills**

**BODYPUMP-** The full body weights workout. Bodypump is for anyone looking to get toned and fit, fast.

## **BODY BALANCE – Les Mills**

**BODYBALANCE** is the Yoga based class that will improve your mind, your body and your life. This workout will strengthen your entire body and leave you feeling calm and centred.

## **AQUA MOVERS**

Getting into the water is a fantastic way to exercise. These classes are accessible for all fitness levels with water-based exercise placing less stress on your joints.

## **DEEP WATER RUNNING**

An advanced, yet highly effective form of cardio exercise. It involves brief periods of high energy exercise followed by a brief recovery period. The pool allows you to work at a higher intensity with less impact on your body. It creates resistance in all directions and provides a cardio overload.

## **SPINNING**

Indoor cycling class set to the rhythm of motivating music. Burn calories get fit fast.

## **ACTIVE ADULTS**

A great class for those who want to stay active and healthy, suitable for all ages.

## **PILATES**

Learn the fundamentals and proper technique of pilates mat focusing on body connection, breathing, alignment and awareness.

- ❖ Please bring a sweat towel & drink bottle. Return equipment after use
- ❖ Late entry to class more than 5 minutes after commencement is not permitted.
- ❖ Please see an instructor prior to class, if you have any health, injury or experience concerns.
- ❖ Classes and pricing subject to change or cancellation, without notice.

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