





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		SPINNING 	DEEP WATER RUNNING	LES MILLS BODYPUMP	SPINNING 	
8.15am						SPINNING 
9.00am		Body Movement Pilates 9.30am	LES MILLS BODYBALANCE 9:30am		LES MILLS BODYPUMP	
10.00am		AQUA MOVERS		AQUA MOVERS	LES MILLS BODYBALANCE	
11.00am	Active Adults		Active Adults			
6.00pm	AQUA MOVERS		AQUA MOVERS		AQUA MOVERS	
6.15pm	Pilates	LES MILLS BODYPUMP	SPINNING 	LES MILLS BODYPUMP		

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.

61-73 High St, Ararat, Vic, 3377

P: 5352 1064 F: 03 5352 3834

E: info@araratfitness.com.au

www.araratfitness.com.au