GROUP EXERCISE CLASSES
TIMETABLE

Active from 1/11/26

Adelaide Hills Recreation Centre

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am	Strength For Life 60min (Billie)			NEW Strength For Life 60min (Billie)			
8am	Strength For Life 60min (Heather)	Strength For Life 60min (Ryan)	Strength For Life 60min (Ryan)		Strength For Life 60min (Dale)	Spin – 8.15am 60min (Dale)	
9am	NEW Fam Fit 60 min (Billie)						Bodypump 60min (Tayah and Dale Alternating)
9.15am	Strength For Life 60min (Dale)		Strength For Life 60min (Dale)		Strength For Life 60min (Dale and Lynda)		
9:20am	Boxing 45min (Heather)	X- Train 60min (Sharon)	HIIT 45min (Ryan)	Bodypump 60min (Tayha)	HIIT 45min (Dale and Krystal Alternating)		
10:30am	Strength For Life 60min (Heather)	Strength For Life 60min (Ryan)	Strength For Life 60min (Ryan)	Bodybalance 60min (Heather)	Strength For Life 60min (Dale)		Yoga -10.15am 60min (Sarah)
1pm	Strength For Life 60min (Heather)			Strength For Life 60min (Heather)			
4:00pm	Teen Gym 60min (Dale)		Teen Gym 60min (Heather)				
6:10pm	Spin 60min (Dale)	Bodypump 60min (Dale)	Bodybalance 60min (Heather)	Bodypump 60min (Dale)			
6.30pm	NEW Yogalaties 60min (Sarah)						

Centre Opening Hours:

Monday: Friday 6am – 8pm

Weekends: 8am – 12pm

Public Holiday hours may vary

- 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.

Adelaide Hills Recreation Centre

GROUP EXERCISE CLASSES
DESCRIPTIONS

Active from 1/11/26

BODYPUMP – Les Mills
A barbell class which gives a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!

BODYBALANCE – Les Mills
Teen Gym Access Class

A mixture of Tai Chi, Yoga, Pilates, body weight exercises and stretches. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling refreshed.

HIIT – Interval training
HIIT Cardio will get your heart pumping! Working through timed intervals your instructor will challenge you to challenge yourself.
This class is NOT focused on running but a variety of ways to bring the heart rate up. Each exercise will have options available for low impact options when needed

Teen Gym Access Class

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 cotton glove inners (we have a few for new participants to borrow)

YOGALATIES
Teen Gym Access Class

This low-impact class fuses the benefits of Pilates and Yoga into a holistic workout. The class will focus on breath awareness, building strength, improving range of motion, and enhancing posture and flexibility. Please note this class is under trial period from 1/11 – 31/12

X- TRAIN
(Cross Train) refers to incorporating a variety of training styles. X-Train combines weights and cardio to develop overall strength and fitness. This type of fitness training uses varied workouts and specific movements to target different muscle groups and is suitable for participants of almost all ages and abilities, from grandparents to elite athletes.

SPIN
Teen Gym Access Class

A group indoor cycling workout where you control the intensity, it's fun, low impact and burns loads of calories. With great music pumping and the group riding as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. You repeatedly reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance

YOGA
Teen Gym Access Class

Realign and connect your mind and body with this all-levels yoga flow. Focusing on toning, strengthening and relaxation. Connecting body and breath with use of breathing, mindful movement and meditation exercises.

TEEN GYM
Teen Gym Access Class

A supervised time slot for those aged 12-16. Teen Gym aims to guide and educate teens on the impact and importance of keeping active and building a healthy lifestyle. Incorporating body weight, cardio/ high intensity training, boxing, compound movements (on cable-based machines), core strength and balance. Everyone will have their own program with regular fitness challenges to encourage participation

STRENGTH FOR LIFE
Strength for Life combines strength, balance, stretching and flexibility. With a highly qualified instructor, these classes are perfect for Older Adults and any entry-level participants returning to the fitness. Please note: each participant will need to complete forms and an induction before joining a session. Please speak to our friendly staff to organise a time that suits you.

FAM FIT
FamFit is designed to encourage parents with babies to take time for themselves, get moving, and connect with their baby. Both mums and dads are welcome to come along and get active. This one-hour session focuses on low-impact aerobic exercise, core strength, lower back strength, and pelvic floor engagement.
Fam Fit is not only about movement, but also about building connections and meeting other families on a similar journey.