

GROUP EXERCISE CLASSES

TIMETABLE

2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUATICS	6:00 am		Aqua Aerobics Lap pool				
	7:00 am						Deep Water Running Main Pool
	7:30 am	Physio Class Active & Healthy Program Indoor Pool					
	8:30 am		Adult Swim Fit 1 hour	Aqua Aerobics Lap pool	Aqua Aerobics 25m outdoor pool Adult Swim Fit 1 hour	Aqua Aerobics Lap pool	
	9:30 am					Aqua Active & Healthy Program Lap Pool	
	9:45 am		Aqua Active & Healthy Program Lap Pool	Physio Class Active & Healthy Program Indoor Pool	Deep Water Running Active & Healthy Program Main Pool		
	11:00 am		Aqua Active & Healthy Program Lap Pool				
	5:30pm	Aqua Aerobics Lap pool		Deep Water Running Main Pool			

- 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.

GROUP EXERCISE CLASSES

DESCRIPTIONS

2026

Aqua aerobics classes are a fantastic way to stay fit and active without putting stress on your joints. They are perfect for all fitness levels and ages, as our instructors always offer options so you can adjust the workout to your abilities.

AQUA AEROBICS

Enjoy a fun, music-filled, low-impact workout in our heated (28° C) 25m outdoor. These classes are designed to improve your cardiovascular endurance, balance, and overall body strength in a welcoming atmosphere. Participants access the pool via steps.

DEEP WATER RUNNING

Experience a high-intensity cardiovascular workout with zero impact on your joints in our heated (28° C) undercover 25m outdoor pool. This class is excellent for improving overall fitness and health. Participants access the pool via steps and ladder and can choose to wear a flotation belt for support or rely on their own natural buoyancy.

AQUA AND DEEP-WATER RUNNING ACTIVE & HEALTHY PROGRAM

Thanks to the Gold Coast City Council's Active & Healthy program, these aqua aerobics classes are subsidized to make community fitness accessible for everyone. Instead of paying standard class rates, participants simply pay a discounted fee.

PHYSIO CLASS ACTIVE & HEALTHY PROGRAM (Only during school terms)

Tailored specifically for older adults or those new to water workouts, this slow-paced, low-impact class focuses on mobility, balance, and gentle conditioning. Sessions are held in the warm, 32°C heated indoor pool. Ramp and large steps access available.

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ADULT SWIM FIT

Our one-hour Adult Squad sessions cater to all levels, from beginners to advanced swimmers. Expert coaches provide tailored programs focusing on general fitness, stroke correction, triathlon preparation, masters swimming, and competition training.