

Group Fitness Timetable

Class times may vary due to events or public holidays. For the latest group fitness timetable visit arenajoondalup.com.au



Morning Classes

● Teen Fit friendly classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am - 6:25am Max NRG	5:30am - 6:25am Cycling	5:30am - 6:25am Max NRG	5:30am - 6:00am MetaFit	5:30am - 6:25am Cycling	7:30am - 8:15am Cardio Box 45	8:00am - 8:55am BODYSTEP
7:30am - 8:25am Get Active Circuit	5:30am - 6:15am BODYPUMP 45	6:00am - 6:30am Yoga	6:00am - 6:30am Pure Abs XP	5:30am - 6:25am BODYPUMP	8:00am - 8:55am Cycling	9:00am - 9:30am MetaFit Outdoor
8:30am - 9:25am BODYPUMP	7:30am - 8:15am GA Mindful Movements	8:30am - 9:25am 50:50 Weights/Step	7:30am - 8:15am Get Active Pilates	7:30am - 8:15am Get Active Cardio	8:00am - 8:55am Outdoor X	9:00am - 9:55am BODYCOMBAT
9:00am - 9:30am HIIT 30 Cycle	8:30am - 9:25am Max NRG	8:45am - 9:30am Cycle 45	8:30am - 9:25am BODYSTEP	8:30am - 9:25am BODYCOMBAT	8:00am - 8:55am Intermediate Pilates	9:00am - 9:30am HIIT 30 Cycle
9:30am - 10:25am BODYCOMBAT	9:00am - 9:30am HIIT 30 Cycle	9:30am - 10:25am TotalBDY	9:00am - 9:30am HIIT 30 Cycle	9:00am - 9:30am HIIT 30 Cycle	8:30am - 9:25am BODYSTEP	9:00am - 9:55am Yoga
9:40am - 10:10am Pure Abs XP	9:30am - 10:25am 50:50 Weights/Step	9:30am - 10:25am PeakPWR	9:00am - 9:45am Outdoor X 45	9:30am - 10:25am Max NRG	9:00am - 9:55am Outdoor X	9:40am - 10:10am HIIT 30 Cycle
9:40am - 10:25am Outdoor X 45	10:00am - 10:55am Yoga	9:40am - 10:10am ABT Xpress	9:30am - 10:25am Freestyle Weights	9:40am - 10:10am Pure Abs XP	9:00am - 9:55am Pilates	10:00am - 10:55am BODYPUMP
10:30am - 11:25am Get Active Tone	10:30am - 11:25am TotalBDY	10:30am - 11:25am BODYPUMP	10:30am - 11:25am Get Active Tone	9:40am - 10:10am HIIT 30 Cycle	9:00am - 9:30am HIIT 30 Cycle	10:30am - 11:25am Yin Yoga
10:30am - 11:25am BODYBALANCE	11:00am - 11:55am Pilates	10:30am - 11:25am Pilates	10:30am - 11:25am BODYBALANCE	10:30am - 11:25am StepWeights	9:30am - 10:25am BODYCOMBAT	
11:30am - 12:25pm Get Active Cardio	11:30am - 12:25pm Breath & Balance	11:30am - 12:25pm GA Better Balance	11:30am - 12:25pm Yoga	10:30am - 11:25am BODYBALANCE	10:00am - 10:55am Pilates	
		12:30pm - 1:25pm Get Active Cardio	11:30am - 12:25pm Breathe & Balance	11:30am - 12:25pm GA Better Balance	10:30am - 11:25am BODYBALANCE	
					11:00am - 11:55am Yoga	
					11:30am - 12:15pm Clubbercise	

Afternoon Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00pm - 4:45pm Teen Fit	4:30pm - 5:00pm Pure Abs XP	4:00pm - 4:45pm Teen Fit	4:30pm - 5:25pm BODYPUMP	5:30pm - 6:25pm BODYPUMP	2:00pm - 2:55pm BODYPUMP	
4:30pm - 5:25pm ABT	5:00pm - 5:30pm MetaFit	4:30pm - 5:25pm TotalBDY	5:00pm - 5:30pm CardioBox XP	6:30pm - 7:25pm Club Fiesta <small>*First Friday every month</small>		
4:45pm - 5:15pm HIIT 30 Cycle	5:30pm - 6:25pm Club Fiesta	5:00pm - 5:55pm Pilates	5:30pm - 6:25pm Max NRG			
5:30pm - 6:25pm Yoga	5:30pm - 6:25pm Yoga	5:30pm - 6:25pm BODYCOMBAT	5:30pm - 6:25pm Yoga			
5:30pm - 6:25pm BODYPUMP	5:45pm - 6:40pm Cycle 45	5:30pm - 6:25pm Outdoor X	5:40pm - 6:25pm Cycle 45			
5:30pm - 6:25pm Outdoor X	6:30pm - 7:25pm BODYPUMP	5:30pm - 6:25pm HIIT 30 Cycle	6:30pm - 7:25pm BODYCOMBAT			
5:30pm - 6:00pm HIIT 30 Cycle	7:00pm - 7:55pm Yin Yoga	6:00pm - 6:55pm Pilates	6:30pm - 7:25pm Yin yoga			
6:15pm - 6:45pm HIIT 30 Cycle		6:15pm - 6:45pm HIIT 30 Cycle				
6:30pm - 7:15pm Club Fiesta						
6:30pm - 7:25pm BODYBALANCE						
7:30pm - 8:25pm Pilates						

Cardio Class
 Mind & Body Class
 Sculpt & Strengthen Class

Class descriptions

CARDIO

BODYCOMBAT™ is an energetic programme inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

BODYSTEP™ uses a height-adjustable step and simple movements on, over and around a step, as you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

CARDIOBOX A calorie burning workout, using focus mitts and kick shields that also combine skipping, core work and body resistance training. Please bring your own gloves for hygiene and safety reasons, hand wraps or cotton gloves recommended. Available in 55 minute and 30 minute EXPRESS formats.

TOTALBODY is a high energy freestyle cardiovascular class that builds strength and stamina. Catering for all fitness levels, it incorporates upper and lower body conditioning exercises. At times instructors will intensify the programme by giving you the option of adding a step (see description for STEP MOVES).

GET ACTIVE CARDIO classes develop your strength, muscle tone and balance while increasing your fitness levels with light resistance and cardio. Although aimed at seniors, classes will be beneficial if you're recovering from injury or just starting your fitness journey.

MAX NRG is an intermediate/advanced fat burning workout that takes you through a variety of cardio and strength training exercises to maximise your calorie output. This circuit style class builds strength, endurance and stamina.

METAFIT™ created by a former Royal Marine Commando, Metafit combines traditional bodyweight exercises with the latest HIIT training techniques to set the metabolism on fire! 30 minute EXPRESS format.

HIIT NRG Using just your body weight ignite your fitness with this fast paced hi energy class.

CLUB FIESTA offers a fun Latin and Caribbean inspired, dance fitness classes that involve easy to follow dance and aerobic movements performed to energetic and exotic rhythms of Latin, Afro, hiphop, international and current beats!

CLUBBERCISE™ Clubbercise is a high-energy dance fitness class held in dark rooms with disco lights and neon glow sticks, set to a mix of 90s and current hits. With simple, fun dance routines, it offers a lively, immersive workout experience for all fitness levels.

MIND AND BODY

BODYBALANCE™ is the yoga, tai chi, pilates workout that builds flexibility and strength and leaves you feeling centred and calm.

GET ACTIVE BETTER BALANCE Specific balance exercises to create better stability through the joints and strength exercises targeting the muscles required to regain and maintain a full quality of life. Although aimed at seniors, classes will be beneficial if you're recovering from injury or just starting your fitness journey. 55 minute format.

PILATES this programme focuses on the core postural muscles which help keep the body balanced and provide support for the spine. Pilates exercises teach awareness of breath, alignment of the spine and aim to strengthen the deep torso muscles. 55 minute format.

GET ACTIVE PILATES Focusing on the core postural muscles that support your spine and joints, we teach alignment of spine and joint stability through pilates based moves. Although, this class is designed for seniors, we welcome anybody that is rehabilitating after injury or just starting out.

YOGA is a class comprised of rhythmic sequenced postures, static postures, breathing and meditation. Among the other many benefits classes are designed to increase stamina, strength and flexibility. 55 minute format.
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BREATH & BALANCE is wellness class designed to promote overall wellness and enhance one's quality of life. It focuses on holistic approaches to achieving and maintaining a balanced mind, body and spirit. In this class, participants can expect to learn unique strategies and techniques for improving physical health, mental clarity, emotional resilience and spiritual connection.

YIN YOGA is a more meditative yoga that aims to activate awareness of inner silence. Yin focuses on stretching the deep connective tissue in the joints and lengthening the time spent in each pose. 55 minute format.

MINDFUL YIN The ultimate combination of mind and body practice to leave you feeling relaxed and re-energised.

The mind and body will be guided into a more meditative state beginning with a small yin yoga practice, that focuses on deep stretching of connective tissue. The use of yoga props will allow the body and mind to relax and prepare for the guided meditation to follow. Meditation is effective in short term stress reduction and long term health benefits. Music may be used throughout the guided meditation class. For comfort a blanket, pillow and yoga mat are recommended.

SCULPT AND STRENGTHEN

50:50 WEIGHTS:STEP Combines two different fitness elements to help tone and strengthen your muscle and increase your overall fitness levels. This class incorporates 50 % weight training with 50 % cardio utilising a step for the best results for both muscle sculpting and increasing fitness levels.

BODYPUMP™ will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. Available in 55 and 30 minute EXPRESS format.

FREESTYLE WEIGHTS EXPRESS is a class designed to maximise your muscle strength, condition and tone. Burn fat, gain strength and get ripped with this freestyle weights based class.

OUTDOOR X is an outdoor training programme designed to improve strength and cardio through a mix of traditional and functional training methods. Classes are held in the outdoor training zone (weather permitting) and may be cancelled without notice, please bring a hat, sunglasses and apply sunscreen.

PURE ABS EXPRESS is a 30 minute workout focusing on abdominals, lower back and glutes to stabilise and strengthen your core muscles.

ABT is a focused class working on abdominals, glutes and thighs, to tone and shape.

GET ACTIVE TONE Utilising light weights and bands this class will help you gain strength and tone to your muscles. Aimed at seniors or those wanting a lower intensity weights class.

PEAKPWR is an outdoor training programme designed to improve strength and power through a mix of traditional and functional training methods.

CYCLE

CYCLE classes use stationary bikes to increase endurance and tone the legs. Your instructor leads you on a ride simulating both hilly and flat terrain. Class duration is 55 minutes.

HIIT CYCLE High Intensity Interval Training (HIIT) Cycle is great for people with limited time to train. HIIT increases your VO2 max fast. Available in 30 minute EXPRESS format.

TEEN FIT CLASSES 12 - 13 years must be accompanied by a participating adult guardian. 14 - 15 year olds may attend without an adult guardian. Proof of age must be shown or a Teen Fit plus membership must be presented.

Casual visits

Enjoy our facilities without committing to a membership, with our casual pay as you go options. Just visit reception upon arrival for your pass and you're off - it's that simple.

Group Fitness Classes
Express

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o abide by the terms and conditions and conditions of or obtain a copy please see reception.