Group Fitness Classes

TIMETABLE

ACTIVE Merri-bek

OAK PARK SPORTS AND AQUATIC CENTRE

GROUP FITNESS ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am	BODYPUMP 45min	BODYATTACK 45min (Virtual)	BODYPUMP 45min	GRIT STRENGTH (HIIT) 30mins	BODYPUMP 45min		
7:30am	BODY ATTACK 45min (Virtual)			BODYBALANCE 45min (Virtual)			
8:00am						BODYATTACK 45min (Virtual)	BODYPUMP 45min (Virtual)
8:30am		CORE 30min (Virtual)		LES MILLS TONE 45min (Virtual)			
8.45am			CIRCUIT 45min				
9:30am	LES MILLS TONE 45min	BODYPUMP 50min (Les Mills)	HATHA YOGA 55min (starts at 9:35)	BODYPUMP 45min (Les Mills)	BODYBALANCE 50min (Les Mills)	BODYPUMP 45min (Les Mills)	CIRCUIT 45min
10:30am	BODYBALANCE 55min (Les Mills)	ZUMBA 50min		CORE 30min (Les Mills)	ZUMBA 55min	BODYBALANCE 55min (Les Mills)	ZUMBA 50min
11:00am				BODY BALANCE 30min (Les Mills)			
11:30am	B ACTIVE MOVE 50min	B ACTIVE MOVE 50min	CORE 45min (Virtual)	B ACTIVE MOVE 50min		VIRTUAL LM DANCE 45min (Les Mills)	BODYBALANCE 55min (Virtual)
12:15pm					CEREMONY HYROX (Circuit) 45min (Les Mills		
1:00pm	BODYPUMP 45min (Virtual)	BODYBALANCE 45min (Virtual)	BODYATTACK 45min (Virtual)	CORE VIRTUAL 45min (Virtual)		VIRTUAL GRIT 30min	VIRTUAL GRIT 30min
4:00pm	VIRTUAL LM DANCE 45min (Les Mills)	BODYATTACK 45min (Virtual)	BODYCOMBAT 45min (Virtual)		CORE 45min (Virtual)	YOGA FLOW 45min	BODYCOMBAT 45min (Virtual)
5:00pm	PILATES 30min (virtual)	VIRTUAL GRIT 30min	VIRTUAL GRIT 30min	VIRTUAL GRIT 30min	VIRTUAL GRIT 30min	CORE 45min (Virtual)	YOGA FLOW 50min
5:30pm	BODYPUMP 50min (Les Mills)	PILATES 50min	BODYPUMP 45min (Les Mills)	MAT PILATES 50min	GRIT STRENGTH (HIIT) 30mins		
6:30pm	CORE 45min (Les Mills)	BODYPUMP 45min (Les Mills)	ZUMBA 50min	BODYPUMP 45min (Les Mills)	VIRTUAL LM DANCE 45min (Les Mills)		
7:30pm	YOGA FLOW 55min	BOXING 50min	CEREMONY HYROX (Circuit) 45min (Les Mills)	YOGA FLOW 55min	BODYBALANCE 45min (Virtual)		

•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.

Aquatics Classes

TIMETABLE

ACTIVE Merri-bek

OAK PARK SPORTS AND AQUATIC CENTRE

25M POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am		SWIM SQUAD 60min		SWIM SQUAD 60min			
8:00am	AQUA SHALLOW 45min		AQUA SHALLOW 45min		AQUA SHALLOW 45min		

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Reformer Studio

TIMETABLE

ACTIVE Merri-bek

OAK PARK SPORTS AND AQUATIC CENTRE

REFORMER STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am				REFORMER PILATES 45min			
7.30am		REFORMER PILATES 45min	REFORMER PILATES 45min		REFORMER PILATES 45min		
8.30am						REFORMER PILATES 45min	REFORMER PILATES 45min
8:45am	REFORMER PILATES 45min						
9:00am					REFORMER PILATES 45min		
9:30am						REFORMER PILATES 45min	REFORMER PILATES 45min
11:30am		REFORMER PILATES 45min					
12.00pm			REFORMER PILATES 45min		REFORMER PILATES 45min		
5:30pm	REFORMER PILATES 45min		REFORMER PILATES 45min	REFORMER PILATES 45min			
6:30pm	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min	REFORMER PILATES 45min		

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Aquatics Classes

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OAK PARK SPORTS AND AQUATIC CENTRE

AQUA SHALLOW
Low impact class in shallow water to improve mobility and general fitness. All aqua classes delivered in shallow water fall under AQUA SHALLOW

SWIM SQUAD
A swim squad is a structured group training session led by a professional coach. It focuses on improving stroke technique, building cardiovascular fitness, and mastering racing skills.

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Group Fitness Classes

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OAK PARK SPORTS AND AQUATIC CENTRE

B ACTIVE MOVE
A fun, low-impact class designed for seniors and beginners. Combining gentle strength, cardio, and balance exercises, this class helps improve mobility, confidence, and overall fitness in a supportive and welcoming environment.

BODY BALANCE – LES MILLS
Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises while you strengthen your entire body.

BODY PUMP – LES MILLS
BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit, fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven techniques. Get pumped with encouragement, motivation and great music.

BOXING
BOXING is a high energy class that uses boxing techniques to give you a full body workout. It also works to improve your cardiovascular fitness and tone your whole body like never before. Never done any boxing before? No problem, this class is designed for all levels of fitness.

CEREMONY HYROX STUDIO (Circuit) - LES MILLS
45 minute high-performance strength and cardio training for all levels. Progress through eight functional workout stations powered by music and expert coaching in a motivational group setting.

CIRCUIT
A station-based workout combining strength and cardio exercises to improve fitness, endurance, and overall conditioning. Suitable for all fitness levels, with options to progress or modify each exercise.

CORE – LES MILLS
Exercising muscles around the core, LES MILLS CORE™ will help create a stronger body. A stronger core makes you better at all the things you do, from everyday life to your favourite sports it's the glue that holds everything together. A 30-45 minute workout with resistance tubes and weight plates, body weight exercises like crunches, and hovers.

HATHA YOGA
Foundational style yoga that balances physical postures with breathing techniques. Slower-paced and focusses on holding poses to build strength and flexibility. Suited for all fitness levels and modifications are provided.

GRIT STRENGTH – LES MILLS
GRIT combines cutting-edge HIIT training with powerful music and motivating coaching to deliver results fast. Using barbells, weight plates and bodyweight exercises, participants can improve both strength and cardiovascular fitness in just 30 minutes.

MAT PILATES
MAT PILATES will challenge your strength, flexibility and coordination with traditional and modern PILATES. Performed on the floor you'll feel strong, streamlined and invigorated after this thorough workout. Pilates has the power to transform your physical, emotional and spiritual state.
NOTE: Please bring your own mat

REFORMER PILATES
Reformer Pilates is designed for all fitness and ability levels, offering all the benefits of Pilates including overall strength, flexibility, coordination and balance. These benefits, in turn, lead to daily life improvements including better posture, graceful and efficient movement, and for many; relief from pain associated with physical imbalances.

TONE - LES MILLS
A full-body, multi-training workout blending cardio, strength and core. It's the ultimate way to boost strength and aerobic fitness while increasing coordination, agility, balance, and explosive power. Suitable for all fitness levels, with exercises that can be modified to match your ability.

YOGA FLOW
Dynamic, continuous movement building strength, mobility and fitness

ZUMBA
ZUMBA is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training alternating fast and slow rhythms and resistance training. Zumba involves dance and aerobic movements performed to energetic and motivating music.

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BODY ATTACK VIRTUAL
BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements with strength exercises such as push-ups and squats.

BODY BALANCE VIRTUAL
Ideal for everyone, BODYBALANCE™ is the yoga-based class. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises while you strengthen your entire body.

BODY COMBAT VIRTUAL
BODY COMBAT is an exercise class that lets you punch and kick your way towards your fitness goals. Not only is it a great whole-body workout for cardio fitness, but it's also superb for releasing stress and improving your co-ordination.

BODY PUMP VIRTUAL
BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit, fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.

CORE VIRTUAL
CORE is a fitness class designed to increase strength of muscles providing stability for the spine, pelvis, ribs and hips. Walk taller, feel stronger, improve balance, assist injury prevention, and become better at moving with increased core awareness in daily movements. May include a variety of equipment.

VIRTUAL GRIT
A 30-minute VIRTUAL GRIT workout is fast, fierce and pushes you to the edge. GRIT Strength blends HIIT and weight training to build lean muscle and cardio fitness. GRIT Cardio uses bodyweight drills for speed and stamina. GRIT Athletic often uses a step for explosive agility training. Expect intensity, empowerment and pride.

VIRTUAL LM DANCE – LES MILLS
LM DANCE™ is a high-energy workout that will reinvent the way you move and sweat! Inspired by global dance genres and designed by dancers. Each class has innovative dance movements that work cohesively with music inspired from a wide variety of dance genres.

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