



**GROUP FITNESS
BOOKING POLICY**



**CLASS DESCRIPTIONS
AND BOOK ONLINE**



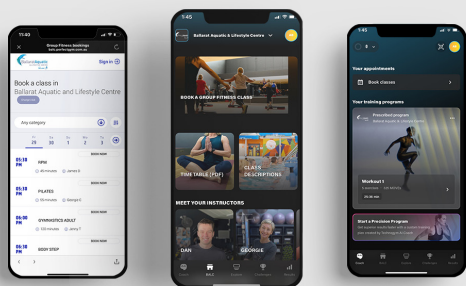
**FEEDBACK AND
COMPLAINTS**



**DOWNLOAD THE BALC X
TECHNOGYM APP TODAY!**

Use the Technogym app to:

- access your personalised program
- book and manage your group fitness classes
- track exercise inside and outside of BALC
- suspend or cancel your membership
- view upcoming pool closures and events



AVAILABLE FOR FREE ON YOUR APPLE OR ANDROID DEVICE



**GROUP FITNESS
TIMETABLE**

STUDIO 1							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM	Strength Development Pete	Fit45 Pete		BodyPump HEAVY Zoe	Functional Fit Dan		
8:30AM	Pilates Georgie		BodyPump Lolita	Shapes Zoe			
9:30AM	Zumba Elaine	Strength Development Gab	Fit45 Mel	BodyPump Lolita	Step Georgie	BodyPump Roster	Fit45 Casey
10:35AM	BodyPump Gab	BodyBalance Elaine	Pilates Sarah	Step Georgie	BodyPump Kat	Pilates Georgie	Pilates Casey
11:45AM		Low Impact Gab	Gentle Yoga Gab	Low Impact Pete	Low Impact Georgie		
3:30PM							BodyPump Elaine
4:30PM							BodyBalance Elaine
5:30PM	BodyPump HEAVY Lolita	Functional Fit Pete		Zumba Elaine	Shapes Zoe		
6:35PM	Pilates Sarah	Strength Development Pete	Pilates Georgie	BodyPump Kat			

STUDIO 3							
	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30AM				Hatha Yoga Jack	Hatha Yoga Alison	Yoga Michelle B	Guided Meditation Mark
9:30AM	Yoga Sarah	Pilates Georgie	Yoga Michelle B	Barre Georgie	Pilates Sarah	Barre Georgie	Restorative Yoga Michelle B
10:35AM	Pilates Sarah	Pilates Plus Georgie		Pilates Basics Sarah	Barre Georgie		
11:45AM	Chair Yoga Michelle Mac		Gently Active Georgie	Yoga & Sound Bath Julia			
5:30PM	Yoga Basics Michelle Mac	Barre Georgie	Pilates Plus Georgie		Yin Yoga Alison		
6:35PM	BodyBalance Kay	Yoga: Level 1/2 Michelle Mac	BodyBalance Kay	Pilates Sarah			

Timetable effective from 13 July 2026. Subject to change. All Gold members can access Group Fitness classes as part of their membership. BodyPump minimum age 16 years, all other classes minimum age 13 years. All classes must be booked via our website at ballarataquaticcentre.com.

STUDIO 2 – CYCLE							
	MON	TUES	WED	THURS	FRI	SAT	SUN
6:10AM		RPM Zoe	HIIT Cycle Dan			Virtual Advanced	
8:30AM	Virtual Advanced	Virtual Beginner	Virtual Intermediate	Virtual Beginner		RPM 60 Sarah	RPM Cyndi
9:30AM	RPM Tay	RPM Lolita	RPM Sarah	Summit Zoe	Summit Cyndi	Virtual Intermediate	Virtual Intermediate
10:30AM	Open Ride Tay	Virtual Advanced	Virtual Beginner		Virtual Beginner	Virtual Beginner	Virtual Beginner
5:30PM	RPM Sarah	Virtual Intermediate	RPM Lolita	RPM Sarah	Virtual Advanced		

Virtual Cycle (bookings required).

AQUA								
	MON	TUES	WED	THURS	FRI	SAT	SUN	
8:30AM		Warm Water Basics Gill		Warm Water Basics Gill		Deep Water Run Georgie		
9:30AM	Aqua Fit Georgie	Deep Water Run Gill	Aqua Fit Pete	Deep Water Run Gill	Warm Water Workout Pete	25m Pool 50m Pool Multipurpose Pool		
		Aqua Zumba Elaine	Deep Water Run Cyndi					
10:30AM	Deep Water Run Georgie	Aqua Fit Gab	Warm Water Workout Pete	Warm Water Workout Pete				
	Aqua Zumba Elaine							
6:35PM	Deep Water Run Megan	Deep Water Run Georgie		Aqua Fit Pete				

GYMNASTICS HALL							
	MON	TUES	WED	THURS	FRI	SAT	SUN
11:10AM			Gentle Gymnastics				
12:00PM		Gentle Gymnastics					
6:10PM					Rock Wall		
7:00PM		Adult Gymnastics		Teen Gymnastics			