



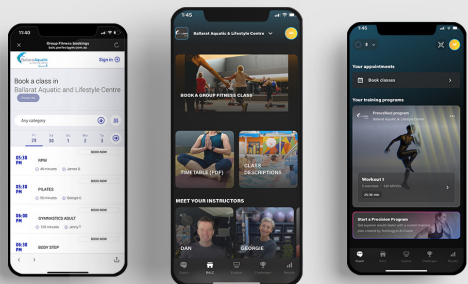
**GROUP FITNESS
BOOKING POLICY**



**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	BodyPump HEAVY Lolita		Pilates Casey
9:30AM	Zumba Elaine	Strength Development Gab	Fit45 Mel	BodyPump Lolita	Step Georgie	BodyPump Roster	BodyPump Roster
10:35AM	BodyPump Gab	Step Georgie	Pilates Sarah	Pilates Basics Sarah	BodyPump Kat	Pilates Georgie	
11:45AM	Low Impact Gab			Low Impact Pete	Low Impact Georgie		
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 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		Chair Yoga Michelle Mac	Pilates Plus Georgie	Barre Georgie		
11:45AM	Chair Yoga Michelle Mac	Chairobics Georgie	Gently Active Georgie				
5:30PM	Yoga Basics Michelle Mac	Barre Georgie	Pilates Plus Georgie	Pilates Sarah	Yin Yoga Alison		
6:35PM	BodyBalance Kay	Yoga: Level 1/2 Michelle Mac	BodyBalance Kay				

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	RPM Roster	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 Cyndi	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	
			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			

Timetable effective from 5 October 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.