

# Operating Hours:

Monday to Friday 6.00am - 9.00pm  
Saturday, Sunday & Public Holidays  
9am—6pm

## Bairnsdale Aquatic and Recreation Centre

80 McKean Street  
PO Box 1618  
Bairnsdale 3875  
Tel: 03 5152 5710  
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# B.A.R.C Group Fitness Timetable

All classes are subject to change

No entry will be allowed once class starts

Please consult your doctor before starting a exercise program

No classes will be held on Public Holidays

If attending new class, please arrive 10 mins early



*We've got something for everyone.*



## CLASS DESCRIPTIONS

### AQUAEASY:

A very gentle water exercise class. Suitable for people with joint mobility difficulties. Also a great class for beginners and those who like to sing along to music!

### AQUALITE:

A class suitable for the fit, active

Mature age participant designed to improve fitness, flexibility and mobility. Come along and join in the fun with this highly social group.

### AQUACISE:

Designed to suit all fitness levels incorporating cardiovascular work and exercise conditioning. A no- impact workout that challenges to move fast

### DEEP WATER RUNNING:

Is a perfect activity for either an intensive workout with little to no impact on joints. This also makes deep water running perfect if recovering or rehabilitating from injury.



**Pump** is a non-impact class designed to give your body a complete workout to music using barbells and weights. That gets you into fantastic shape fast. Suitable for all fitness levels.



Helps to tone butts and thighs with an emphasis on participant fitness. Group stepping is inspiring, the rhythm and energy is addictive.

**PILATES:** The Pilates method is a progressive series of exercises that focus on strengthening the bodies core to stabilize the back, reduce joint pain and stiffness.

**SPIN:** A freestyle indoor cycling class designed to help participants experience the reality of the mind/body connection that is the core to obtaining complete fitness and health.

**RUSH HOUR:** Rush Hour is 100% pure fitness. This circuit class will increase your fitness, burn body fat and tone up the whole body lot no other. With a wide variety of exercises. Suitable for all fitness levels.

**Power Bar:** is a freestyle resistance weights non-impact class.

## LAND BASED CLASSES

TIME	MON	TUES	WED	THURS	FRI	SAT
6.15am	Spin		RUSH HOUR		Circuit	
9.15am					Power bar	
9.30am		Boxing	Power bar	Spin		
10.30am	PILATES				10.15am HEART HEALTH	
4.30pm		Teen Gym Strength & Conditioning Circuit		Teen Gym Strength & Conditioning Circuit		
5.30pm						
6.00pm		PILATES		Spin		
6.30pm						

## AQUA AEROBIC CLASSES

TIME	MON	TUES	WED	THURS	FRI
9.00am	AQUACISE	AQUALITE	AQUAEASY		AQUACISE
6.00pm	AQUACISE		DEEP WATER RUNNING		