GROUP EXERCISE CLASSES
TIMETABLE

October 2026

PORT PIRIE AQUATIC & LEISURE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am					
6:30am					
9.00am			Strength & Balance 45min (Kareena)		
9:45am	Aqua All Abilities 45min (Mel)				
10:00am	Strength & Balance 45min (Kareena)				
5:00pm					
7:00pm				Aqua All Abilities 45min (Mel)	

- 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.

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GROUP EXERCISE CLASSES
DESCRIPTIONS

JUNE 2026

MAT PILATES
This type of exercise uses coordinated breath and movement to strengthen and stretch the body. It focuses on core strength and posture.

AQUA ALL ABILITIES
This water-based class format is designed to get your body moving in our heated 15mtr pool. A popular blend of cardio and resistance training for all fitness levels.

AQUA HIIT
A great cardio workout using a mix of body movement, dumbbells & noodles in our 15mtr pool. This class is a cardio focused session with strength & conditioning exercises. Suitable for all fitness levels.

STRENGTH & BALANCE
Designed to get you moving through an assortment of low impact training and body or light weight exercises. These low impact classes are designed for ages 50+ and are perfect for working at your own pace. These classes have a heavy focus on balance, coordination and strength & conditioning exercises.

How to Book a Group Fitness Class (Active World App)

All classes must be booked via the Active World app to avoid overfill.

1. Open the **Active World App**
2. Log in or create an account
3. Select your **location**
4. Tap **Book session – Group Fitness**
5. Choose your desired class with the programs tab
6. Select a **date & time**
7. Tap **Book Now** and confirm!

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