

Aqua Jetty Memberships

Commencing
5 January 2026

Membership inclusions	Gold (16+)	Silver (16+)	LiveWell (Over 60s)	Tween (11-12 yrs)	Teen (13-15 yrs)
Health Club access	All opening hours	All opening hours	Off peak		Off peak
Group Fitness classes (see timetables for details)	All	All	Limited	Limited	All except Body Pump
Spa, sauna and steam and hydrotherapy pool (16+)	✓		✓		
All indoor and outdoor heated pools	✓		✓	✓	✓
Seasonal access to Rockingham Aquatic Centre	✓		✓		✓

Timetables

Group Fitness

	Gold	Silver	LiveWell	+Tween	Teen
Time	Monday	Tuesday	Wednesday	Thursday	Friday
5.50am				LesMills BODYPUMP *	LesMills BODYATTACK +
6am			Yoga ^		
6.30am	Yoga ^	LesMills BODYPUMP #			7AM START
7.15am					New Functional Fit ^ *
8am	Functional Fit ^ *	Functional Fit ^ *	Cardio Sculpt ^ *	Core Flow ^	Core Flow ^ LesMills BODYCOMBAT +
8.30am					LesMills CORE +
9am				LesMills CORE # +	LesMills BODYSTEP +
9.15am	LesMills BODYSTEP +	LesMills BODYPUMP	LesMills BODYATTACK + *		Intermediate Pilates ^
9.30am	10.15AM START	10.15AM START		LesMills BODYSTEP +	LesMills BODYCOMBAT +
10am	LesMills BODYPUMP	LesMills CORE + *	LesMills BODYPUMP		10.40AM START LesMills BODYPUMP
10.30am			11.10AM START	LesMills BODYPUMP *	11.10AM START LesMills BODYPUMP
11am		Fitball Sculpt ^	Empowered ^		Club Power ^
11.30am	Cardio Sculpt ^ *			Cardio Dance ^ *	
12pm		Chiball ^	Intermediate Pilates ^		Gentle Flow ^
12.30pm	Healthy Heart ^	1.10PM START		Healthy Heart ^	
1pm		Intermediate Pilates ^	Pilates ^		
4pm				Boxing + ^ *	
4.15pm	LesMills BODYATTACK + *				
5pm	LesMills BODYPUMP	LesMills BODYATTACK + #	LesMills BODYCOMBAT	LesMills CORE + *	
5.30pm		LesMills CORE + #			
6pm	LesMills BODYSTEP +	Freestyle Step	LesMills BODYBALANCE	LesMills BODYPUMP	
7pm	LesMills BODYBALANCE	ZUMBA +			

First time to
BODYPUMP?
Please arrive 10
minutes early

See Reception to scan in for classes, members will be given priority up until 15 minutes prior.
Timetable key: #30 minute class. *45 minute class. All other classes are 60 minutes.

Aqua Aerobics

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time
7am	Hydro Movers ^ *	7am				
8am	Hydro Movers ^ *	8am				
9am	Aqua Fit ^	Aqua Fit ^			Aqua Fit ^	9am
9.15am			Deep Water Aqua ^	Aqua Movers ^		9.15am
10am	Aqua ^	Aqua ^ *			Aqua ^	10am
10.15am				Aqua ^		10.15am

Cycle Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
5.50am	LesMills RPM ^ *	LesMills Sprint #	LesMills RPM ^ *	LesMills Sprint #				5.50am
8am							LesMills Sprint #	8am
8.30am						LesMills RPM ENDURO		8.30am
9am	LesMills RPM ENDURO	LesMills Sprint #	LesMills RPM ENDURO					9am
9.30am				LesMills RPM ^ *				9.30am
10am					LesMills Sprint #			10am
10.30am			Spin ^ # ^					10.30am
11am		Spin ^ # ^						11am
5pm	LesMills RPM ENDURO							5pm
5.15pm			LesMills RPM ^ *		LesMills Sprint #			5.15pm
6pm			LesMills Sprint #					6pm

See reception to scan in for classes. Members will be given priority up until 15 minutes prior.

Timetable key: #30 minute class. *45 minute class. All other classes are 60 minutes.

Warnbro Community Recreation Centre, Okehampton Road, Warnbro

Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
7.30am			Flow Yoga					7.30am
8.30am	LesMills BODYBALANCE			Power ^ *	Circuit #			8.30am
8.45am			Freestyle Step	9.15AM START				8.45am
9am		Intermediate Pilates		Intermediate Pilates	Boxing # New	ZUMBA gold	LesMills BODYBALANCE	9am
9.30am	Club Fiesta				Flow Yoga			9.30am
10am		Flow Yoga	LesMills BODYBALANCE ^ *					10am
10.30am	Slow Flow Yoga	5.15PM START					Yoga	10.30am
5pm	LesMills BODYBALANCE	Intermediate Pilates						5pm
5.30pm			Energize ^ *	Circuit #				5.30pm
6pm	Club Power			Slow Flow Yoga				6pm
6.15pm			LesMills BODYBALANCE					6.15pm
7pm	Pilates							7pm

Bookings are essential (online or phone) no more than 72 hours prior and no less than two hours before class start time.

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