

Aqua Jetty Memberships

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

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

Gold

Silver

^LiveWell

Teen

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time
7am	Hydro Movers ^ *	Hydro Movers ^ *	Hydro Movers ^ *	Hydro Movers ^ *	Hydro Movers ^ *	7am
8am	Hydro Movers ^ *	Hydro Movers ^ *	Hydro Movers ^ *	Hydro Movers ^ *	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

Gold

Silver

^LiveWell

Teen

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

Gold

Silver

LiveWell

Teen

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

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