Aqua Jetty Memberships

Commencing 23 November 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	Saturday	Sunday	Time
5.50am				LesMills BODYPUMP *	LesMills BODYATTACK +			5.50am
6am	Yoga ^		Yoga ^					6am
6.30am		LesMills BODYPUMP #				7.10AM START		6.30am
7am					Functional Power ^ *	Bootcamp ^ *		7am
8am	Functional Core ^ *	Functional Strength ^ *	Cardio Sculpt ^ *	Core Flow ^	Core Flow ^	LesMills BODYCOMBAT +		8am
8.45am					9.05AM START	9.05AM START	LesMills CORE + *	8.45am
9am				LesMills CORE # +	LesMills BODYCOMBAT +	New LesMills BODYSTEP +		9am
9.15am	LesMills BODYSTEP +	LesMills BODYPUMP	LesMills BODYATTACK + *				9.45AM START	9.15am
9.30am				LesMills BODYSTEP +			LesMills BODYPUMP	9.30am
10am			LesMills BODYPUMP			LesMills BODYPUMP		10am
10.15am	LesMills BODYPUMP	LesMills CORE + *			LesMills BODYPUMP			10.15am
10.30am			11.10AM START	LesMills BODYPUMP *		11.10AM START		10.30am
11am		Fitball Sculpt ^	Intermediate Pilates ^ *			LesMills BODYBALANCE +		11am
11.30am	Cardio Sculpt ^ *			Club Fiesta ^ *				11.30am
12pm		New Core Flow ^	Pilates ^		Gentle Flow ^			12pm
12.30pm	Healthy Heart ^			New Strong Heart ^				12.30pm
1.10pm		Intermediate Pilates ^						1.10pm
4pm				Boxing + ^ *				4pm
4.15pm	Cardio Blitz + *							4.15pm
5pm	LesMills BODYPUMP	LesMills BODYATTACK + #	LesMills BODYCOMBAT	LesMills CORE + *				5pm
5.30pm		LesMills CORE + #						5.30pm
6pm	LesMills BODYSTEP +	Freestyle Step	LesMills BODYBALANCE	LesMills BODYPUMP				6pm
7pm		LesMills BODYBALANCE	ZUMBA +					7pm

First time to BODYPUMP? Please arrive 10 minutes early

Online bookings open 48 hours in advance of class times for members, 12 hours in advance for guests.
Timetable key: #30 minute class. *45 minute class. All other classes are 60 minutes.

rockingham.wa.gov.au

Aqua Jetty
City of Rockingham

Aqua Aerobics

Gold | Silver | ^LiveWell | Teen

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	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
8.30am						New Deep Water Aqua ^	8.30am
9am	Aqua Movers ^	Aqua Fit ^		Aqua Fit ^	Aqua Fit ^		9am
9.15am			New Deep Water Aqua ^				9.15am
10am	Aqua ^	Aqua ^ *		Aqua ^	Aqua ^		10am

Cycle Studio

Gold | Silver | ^LiveWell | Teen

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
5.50am	LesMills RPM *	LesMills sprint #	LesMills RPM *	LesMills sprint #				5.50am
7.15am							LesMills sprint #	7.15am
8am							LesMills sprint #	8am
8.30am						LesMills RPM ENDURO		8.30am
9am	LesMills RPM ENDURO	LesMills RPM *	LesMills RPM ENDURO					9am
9.30am				LesMills RPM *				9.30am
10am					Spin #			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

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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	LesMills BODYBALANCE			Power *	Circuit #			8.30am
8.45am			Freestyle Step	9.15AM START				8.45am
9am		Intermediate Pilates		Intermediate Pilates	Boxing #		LesMills BODYBALANCE	9am
9.30am	Club Fiesta				Flow Yoga	ZUMBA gold		9.30am
10am		Flow Yoga	LesMills BODYBALANCE *					10am
10.30am	New Yoga Flow with props					Yoga		10.30am
5pm	LesMills BODYBALANCE		5.30PM START					5pm
5.15pm		Intermediate Pilates	Energize *	Circuit *				5.15pm
6pm	Club Power			New Yin Yoga				6pm
6.15pm			LesMills BODYBALANCE					6.15pm
7pm	Pilates							7pm

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