

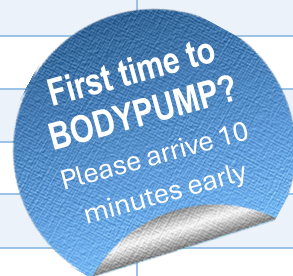
# Aqua Jetty Memberships

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



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.

## Aqua Aerobics

	Gold		Silver		^LiveWell		Teen	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time	
7am	Hydro Movers <sup>^</sup> *	Hydro Movers <sup>^</sup> *	Hydro Movers <sup>^</sup> *	Hydro Movers <sup>^</sup> *	Hydro Movers <sup>^</sup> *		7am	
8am	Hydro Movers <sup>^</sup> *	Hydro Movers <sup>^</sup> *	Hydro Movers <sup>^</sup> *	Hydro Movers <sup>^</sup> *	Hydro Movers <sup>^</sup> *		8am	
8.30am						Aqua <sup>^</sup>	8.30am	
9am	Aqua Movers <sup>^</sup>	Aqua Fit <sup>^</sup>		Aqua Fit <sup>^</sup>	Aqua Fit <sup>^</sup>		9am	
9.15am			Aqua <sup>^</sup>				9.15am	
10am	Aqua <sup>^</sup>	Aqua <sup>^</sup> *		Aqua <sup>^</sup>	Aqua <sup>^</sup>		10am	

## Cycle Studio

	Gold		Silver		^LiveWell		Teen	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
5.50am	LES MILLS RPM <sup>*</sup>	LES MILLS sprint <sup>#</sup>	LES MILLS RPM <sup>*</sup>	LES MILLS sprint <sup>#</sup>				5.50am
7.15am							LES MILLS sprint <sup>#</sup>	7.15am
8am							LES MILLS sprint <sup>#</sup>	8am
8.30am						LES MILLS RPM ENDURO		8.30am
9am	LES MILLS RPM ENDURO <sup>New</sup>	LES MILLS RPM <sup>*</sup>	LES MILLS RPM ENDURO					9am
9.30am				LES MILLS RPM <sup>*</sup>				9.30am
10am					<sup>New</sup> Spin <sup>#</sup>			10am
10.30am			Spin <sup>#</sup> <sup>^</sup>					10.30am
11am		Spin <sup>#</sup> <sup>^</sup>						11am
5pm	LES MILLS RPM ENDURO							5pm
5.15pm			LES MILLS RPM <sup>*</sup>		LES MILLS sprint <sup>#</sup>			5.15pm
6pm			LES MILLS sprint <sup>#</sup>					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	LES MILLS BODYBALANCE			Power <sup>*</sup>	Circuit <sup>#</sup>			8.30am
8.45am			Freestyle Step	9.15AM START				8.45am
9am		Intermediate Pilates		Intermediate Pilates	Boxing <sup>#</sup>		LES MILLS BODYBALANCE	9am
9.30am	Club Fiesta				Flow Yoga	ZUMBA gold		9.30am
10am		Flow Yoga	LES MILLS BODYBALANCE <sup>*</sup>					10am
10.30am	Slow Flow Yoga					Yoga		10.30am
5pm	LES MILLS BODYBALANCE		5.30PM START					5pm
5.15pm		Intermediate Pilates	Energize <sup>*</sup> <sup>New</sup>	Circuit <sup>*</sup>				5.15pm
6pm	Club Power			Slow Flow Yoga				6pm
6.15pm			LES MILLS BODYBALANCE					6.15pm
7pm	Pilates							7pm

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