

HEALTH AND FITNESS TIMETABLE

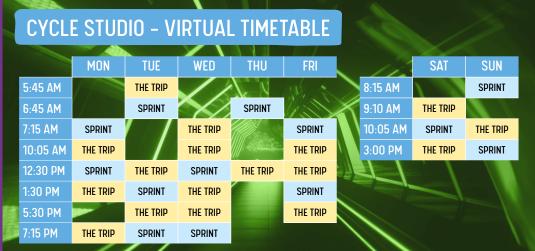
ARMADALE
FITNESS AND
AQUATIC CENTRE

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ABT

45 Mins

Let's work your Abs, Butts and Thighs! This is a freestyle workout to help strengthen and tone your whole lower body

BODY STEP

345 Mins

This workout is brand new to AFAC, and we're excited for you to try it! This is a full-body cardio workout to really tone your butt and thighs. In a BODYSTEP workout you can expect a mixture of upbeat, rhythmic stepping, with squat and lunge patterns to work

BODYBALANCE

45 Mins

A mix of Yoga, Tai Chi and Pilates that builds flexibility and strength, leaving you feeling centred and calm.

BODYCOMBAT

3 45 Mins

Punch and kick your way to fitness. This empowering, martial arts inspired workout is non-contact and based on disciplines such as Karate, Boxing, Taekwondo and

BODYPUMP*

45 Mins

The original Les Mills barbell class that strengthens and tones your entire body using weights and a Les Mills Smart Bar.

*16 years and above.

BOX FIT

○ 45 Mins

This is a fun, total body workout inspired by boxing combos with pads fun props, improve and gloves and other circuit-based exercises. This is a boxing for fitness class where all abilities are welcomed. Bring a partner or buddy up with someone in the class.

CLUBBERCISE

3 45 Mins

Held in the dark and using glow sticks as your fitness with easy to follow dance, combat and cardio moves to club anthems from the 90's to today.

CLUB FIESTA

45 Mins

A fun. dance-inspired workout with great music to get your whole body moving! Suitable for all levels, you'll dance, box, squat, crunch and sing in this class - who said workouts couldn't be fun?

PILATES

⊕ 60 Mins

Develop muscle tone and improve alignment throughout your body. Pilates can help correct weaknesses, make you more resistant to injury and enhance core strength and posture.

YOGA

the legs.

(1) 60 Mins

Wind down and work your flexibility and strength. Focus on breath and mental through postures to keep you calm and centred

YOGALATES

(5) 60 Mins

This class is a restorative Work up a sweat and combination of Tai Chi, Yoga and Pilates to help awareness while working injuries. Finishing with a calm meditation at the end, this is a complete wellbeing class.

RPM

(1) 45 Mins

Muay Thai.

burn calories with this indoor cycling workout, manage pain and prevent riding through different terrains with your instructor to the rhythm of powerful music.

OMNIA*

A functional training class which optimises strength, endurance, flexibility, coordination and speed. Small group training sessions, providing individual attention with a sense of community.

*16 years and above.

OMNIA SENIOR**

(3) 30 Mins

A low impact functional training session designed specifically for seniors.

**50 years and above.

OMNIA STRONG*

(3) 45 Mins

A slightly more intense version of our popular Omnia class, designed for more experienced users and concentrating on strength and conditioning.

*16 years and above.

ZUMBA

45 Mins

Zumba classes take the 'work' out of workout, by mixing low and high intensity moves for a fun, calorie-burning dance fitness party! It's a total body workout combining all elements of fitness, but most importantly it's super fun!

ZUMBA GOLD

(§) 45 Mins

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

AQUA DEEP

(5) 45 Mins

Held in our 50m pool. A great cardiovascular workout using a buoyancy belt in deep water.

AQUA ENERGY

(5) 45 Mins

Held in our indoor 25m pool, this is a high energy workout class designed for all fitness levels to help improve cardiovascular fitness and stamina.

AQUA FIT

() 45 Mins

Held in our 25m pool. A low impact, cardio workout using a variety of equipment where participants can control the intensity dependent on their fitness level.

PLEASE NOTE

AQUA HIIT

(§) 45 Mins

Held outside in the 50m pool, this is a high intensity workout focusing on interval training to improve cardiovascular fitness fast!

STRENGTH

3 45 Mins

Held in our indoor 25m pool, this low intensity class uses a variety of equipment for a total body workout, designed to improve strength and core stability.

AUUA ZUMBA

3 45 Mins

Perfect For those looking In this High-Intensity to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

VIRTUAL LES MILLS SPRINT

③ 30 Mins

Interval Training (HIIT) workout, you'll work as hard as possible in short, intense bursts: then recover during rest periods that prepare you for the next effort. This will take your training to the next level!

VIRTUAL THE TRIP

Take a journey through bright, colourful, and fun digitally-created worlds in this fully immersive workout experience suitable for all fitness levels.

Please note, safety is always our number one priority. Virtual classes may feature the use of strobe lighting, flashing, and rapid imagery changes and are not suitable for those prone to seizures. Nausea and disorientation may be experienced by some participants, particularly those who suffer from motion sickness.



- Classes are regularly reviewed and are subject to change at any time.
- Please ensure you book into every class prior to attending, scan in and bring a full-sized towel. Agua participants - please collect a wristband at least 5 minutes prior to class in order to gain admittance.
- This Timetable is current as of Monday 17 February 2025.