



HEALTH AND FITNESS TIMETABLE

9394 5850 | active.armadale.wa.gov.au

Active
ARMADALE
FITNESS AND
AQUATIC CENTRE

MAIN STUDIO

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|----------|-------------|--------------|--------------|-------------|--------------|-----------------------|-------------|
| 5:45 AM | | BODY PUMP | | | BODY PUMP | 8:15 AM BODY PUMP | |
| 9:10 AM | BODY COMBAT | CLUB FIESTA | BODY ATTACK | BODY COMBAT | ABT | 9:10 AM BODY ATTACK | BODY PUMP |
| 10:05 AM | BODY PUMP | ABT | BODY BALANCE | BODY PUMP | YOGA | 10:05 AM ZUMBA | BODY COMBAT |
| 11:00 AM | YOGALATES | PILATES | ZUMBA GOLD | YOGALATES | | 11:00 AM BODY BALANCE | YOGA |
| 5:15 PM | BODY PUMP | BODY COMBAT | CLUBBER-CISE | CLUB FIESTA | BODY BALANCE | | |
| 6:15 PM | ZUMBA | BODY PUMP | BODY PUMP | BOX FIT | | | |
| 7:15 PM | YOGA | BODY BALANCE | PILATES | PILATES | | | |

CYCLE STUDIO

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---------|-----|-----|-----|-----|-----|-------------|-----|
| 5:45 AM | RPM | | RPM | | RPM | 8:15 AM RPM | |
| 9:30 AM | | RPM | | | RPM | 9:10 AM RPM | |
| 5:30 PM | | | | RPM | | | |
| 6:15 PM | | | RPM | | | | |

AQUA FITNESS

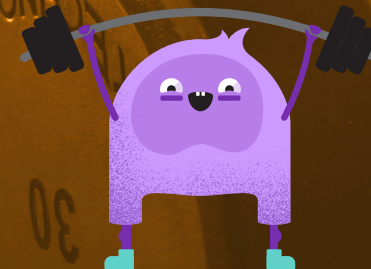
| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---------|---------------|----------|-------------|-------------|---------------|-------------------|-----------|
| 8:40 AM | AQUA STRENGTH | AQUA FIT | AQUA ZUMBA | | AQUA STRENGTH | 8:40 AM AQUA DEEP | |
| 9:30 AM | AQUA ENERGY | | AQUA FIT | AQUA ENERGY | AQUA ENERGY | 9:00 AM | AQUA FIT |
| 5:30 PM | AQUA DEEP | | | AQUA FIT | | 9:30 AM | AQUA HIIT |
| 6:15 PM | | | AQUA ENERGY | | | | |

OMNIA STUDIO

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|----------|--------------|--------------|--------------|--------------|--------------|-----------------------|--------------|
| 5:10 AM | OMNIA | OMNIA | OMNIA | OMNIA | OMNIA | 7:30 AM OMNIA | OMNIA |
| 6:15 AM | | OMNIA | | OMNIA | | 9:10 AM | OMNIA STRONG |
| 6:35 AM | OMNIA | | OMNIA | | OMNIA | 10:05 AM OMNIA STRONG | |
| 8:45 AM | OMNIA | OMNIA | | OMNIA | OMNIA | | |
| 9:30 AM | OMNIA | | OMNIA STRONG | OMNIA | | | |
| 10:45 AM | OMNIA SENIOR | OMNIA SENIOR | OMNIA SENIOR | OMNIA SENIOR | OMNIA SENIOR | | |
| 4:40 PM | OMNIA | OMNIA | OMNIA STRONG | OMNIA STRONG | OMNIA | | |
| 5:30 PM | OMNIA STRONG | OMNIA | | | | | |

HEALTH CLUB

| | MON | TUE | WED | THU | FRI |
|----------|-------------------|-------------------|-------------------|-------------------|-------------------|
| 10:30 AM | STRENGTH FOR LIFE | STRENGTH FOR LIFE | STRENGTH FOR LIFE | STRENGTH FOR LIFE | STRENGTH FOR LIFE |
| 3:30 PM | FITNESS FOR TEENS | FITNESS FOR TEENS | FITNESS FOR TEENS | FITNESS FOR TEENS | |



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.

BODYATTACK

🕒 45 Mins

A high energy, sports-inspired cardio workout for building strength and stamina.

BODYBALANCE

🕒 60 Mins

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

BODYCOMBAT

🕒 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 Muay Thai.

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 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*

🕒 45 Mins

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

*18 years and above.

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?

STRENGTH FOR LIFE*

🕒 120 Mins

Strength For Life is developed for people aged 55 years and over and is specifically prescribed based on individual needs and goals to improve overall health and fitness.

*Participants are required to book in for a program consultation at the Health Club prior to attending this session.

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

🕒 60 Mins

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

YOGALATES

🕒 60 Mins

This class is a restorative combination of Tai Chi, Yoga and Pilates to help manage pain and prevent injuries. Finishing with a calm meditation at the end, this is a complete wellbeing class.

RPM

🕒 45 Mins

Work up a sweat and burn calories with this indoor cycling workout, riding through different terrains with your instructor to the rhythm of powerful music.

OMNIA*

🕒 30 Mins

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*

🕒 30 Mins

A low impact functional training session designed specifically for seniors and complete beginners.

*16 years and above.

OMNIA STRONG*

🕒 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.

FITNESS FOR TEENS

🕒 90 Mins

Fitness for Teens is designed for 12 to 17 year olds and is based on the participants goals to get the most out of their health.

AQUA DEEP

🕒 45 Mins

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

AQUA ENERGY

🕒 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.

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!

AQUA STRENGTH

🕒 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.

AQUA ZUMBA

🕒 45 Mins

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

PLEASE NOTE

- Late entry is not allowed. Please turn up early to class.
- 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.
- This Timetable is current as of Monday 9 October 2023.