

group fitness

If you enjoy keeping fit in a group atmosphere, you will love our popular land and water based group fitness classes.

Our exciting classes such as Hydroblast, Yoga, Core Muscles, Boxfit and much more are designed to inspire and challenge the body, mind and soul. We have classes suitable for all abilities and age groups. Each session runs for 45 minutes.



1. H.I.I.T (High Intensive Interval Training)

Get your heart rate up with high intensity workouts done on interval times. Increase your fitness, burn calories and get results!

2. Tone & Shape

Sculpt your body by alternating between upper and lower-body workouts, along with abdominal, back, waist and glute sections. It is low impact and suitable for all ages and levels.

3. Intensive Boot Camp*

Intensive training session that combines cardiovascular fitness with resistance and strength training. Participants will work individually as well as in teams as they run, jump, crawl and punch their way through 45 minutes of heavy challenges.

*Please note: prior to participating in this class you must complete a pre-assessment with our Fitness Centre staff.

4. Core Muscles

Strengthen your core muscles that support and stabilise your spine, back and hips. This workout will help to improve posture whilst toning and increasing flexibility.

5. Body Bar

Barbell resistance training at different tempos to give you an awesome cross training option. Shape up, tone up and feel great!

6. Firm and Flex

A class designed to improve your strength and flexibility incorporating "Pilates" style floor exercises.

7. Boxfit

Gain upper body strength and core strength whilst building lean muscle mass, cardio-vascular fitness and making postural improvements all at the same time. Great for all ages and fitness levels.

8. Resistance Works

Get your own personalised gym program in a group session to address poor posture, strength and conditioning imbalances to meet your personal fitness goals. Resistance Works will assist to build lean muscle mass and burn fat while you rest.

9. Metafit

An intense H.I.I.T. style class focused on boosting fitness, increasing energy levels and getting results in a short amount of time. Increase your body's fat burning ability and resting metabolic rate.

10. Yoga

A fantastic activity for unblocking energy channels. Yoga will help activate your body and mind giving you postures that are proven to work each muscle, joint and ligament. It will also help stimulate and nourish every cell for optimum health.

11. Pilates

Build strength, flexibility and lean muscle tone with our Pilates class. You'll improve overall strength, realign your body and become more flexible while upgrading your core strength and aligning your spine into better posture.

12. Yoga-lates

Yoga and pilates fusion: Combining the best of both practices! We twist, flex, extend, perform movements on our back, front, side, all fours as well as incorporating inversions. Segments focus on activating the core muscles of the abdominals, buttock and lower back. There are also moments of reflection, gentle inspiration, working with the breath and meditation. A great way to start the day!

13. Shallow & Deep Water Classes

- » Hydroblast – deep water
- » Hydroblast – shallow water
- » Hydro Conditioning
- » Hydro H.I.I.T.

For more information on these classes, please see our website.



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