






GROUP FITNESS TIMETABLE

ALBANY LEISURE & AQUATIC CENTRE

	MON	TUE	WED	THU	FRI	SAT
6:15AM	HIIT POWER	ZONE 30		ZONE 30	RIP (30)	
8:00AM	AQUA ENERGY					
8:15AM						DANCE UNLIMITED
9:15AM		AQUA SPLASH	AQUA ENERGY	AQUA SPLASH	AQUA ENERGY	
9:15AM	FITBALL	KIMAX	RIP	KIMAX	RIP	KIMAX
10:15AM	PILATES	ZONE 30	YOGA (60)	PILATES	ZONE 30	
1:15PM	AQUA SPLASH		AQUA SPLASH	AQUA SPLASH		
4:30PM	ZONE 30		ZONE 30	ZONE 30	ZONE 30	
5:30PM	KIMAX	RIP	ZONE 30	PILATES		
6:00PM	AQUA DEEP		AQUA DEEP			
6:15PM		YOGA (45)	KIMAX			

	GF ROOM
	GYM
	LEISURE POOL
	LAP POOL
	GF ROOM- HYBRID CLASS

NOTE: ALL PATRONS MUST BE OVER THE AGE OF 16 TO PARTICIPATE IN ANY ALAC GROUP FITNESS CLASS | TIMETABLE EFFECTIVE: 24TH JUNE 2024

ZONE 30

Zone 30 utilises the functional training frame along with expert programming to deliver a high intensity resistance based workout that will help increase your strength, mobility and anaerobic capacity. While a muscle activation warm-up is included in all Zone 30 classes, please arrive 10min prior to the start time to perform your own warm-up.

KIMAX

This amazing program from Radical Fitness utilises free-standing boxing bags. No previous boxing experience or co-ordination required.

FITBALL

A class designed to improve core strength and stability while challenging the body using a range of different exercises. Fitball is a program that caters for all fitness levels.

PILATES

Control, activate and develop strength and coordination through our comprehensive mat-based Pilates class, designed for all levels.

YOGA

Building strength, flexibility, stamina, balance and coordination, this slow flow class is suitable for all levels. Options are provided for complete beginners up to advanced students. Wednesday's 10:15am class runs for 60 minutes, with all others running for 45.

RIP

A pre-choreographed class based around free weights, this class trains all the major muscles that make you feel strong, and all the minor ones that make you look and feel great. FEEL STRONG, BE STRONG.

DANCE UNLIMITED

A dance class like no other. Dance unlimited is a combination of cardio and toning exercises, suitable for beginners with low and high intensity options offered. Work up a sweat, while having fun along the way!

HIIT POWER

30 minutes of HIIT training, using a bench, weights and bodyweight to ignite the power within! suitable for all fitness levels.

AQUA ENERGY

A low-impact, moderate intensity Aqua class that utilises a range of specialised equipment to create a fun and energetic workout. Aqua Energy will have you burning calories while keeping fit, strong and mobile.

AQUA SPLASH

A moderate intensity class held in the waist-deep leisure pool aimed at improving cardiovascular fitness, strength, mobility and endurance. No swimming experience required.

AQUA DEEP

This low-impact, non-weight bearing class targets cardiovascular fitness, and aims to improve muscle strength and core stability, with the aid of a buoyancy belt to help keep you afloat.

IT'S TIME TO GET FIT WITH ALAC!

Please note:
Patrons must be over the age of 16 to use the group fitness facilities.

All classes have a 45-min run time unless otherwise stated.

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