

Group Fitness Classes

TIMETABLE

FROM AUGUST
2025

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
GROUP STUDIOS	6:00am			Reformer 45min (Sarah)		Reformer 45min (Kiara)		Reformer 45min (Sarah)					
	6:30am	Boxing 45min (Jaiden)	Reformer 45min (Kiara)	HIIT 45min (Jaiden)				HIIT 45min (Jaiden)		Yoga 45min (James)	Reformer 45min (Kiara)		
	7:00am			Reformer 45min (Sarah)		Reformer 45min (Kiara)		Reformer 45min (Sarah)					
	7:30am	SGT 30min (Yuan)		SGT 30min (Yuan)						Yoga 45min (James)		Reformer 45min (Sarah)	
	8:30am											Mat Pilates 45min (Sarah)	
	9:30am	Bootcamp 45min (Daniel)	Reformer 45min (Sandy)	Reformer 45min (Sarah)		Stretch and Flex 45min (James)	Reformer 45min (Sarah)			Reformer 45min (Sarah)		HIIT 45min (Daniel)	Reformer 45min (Sarah)
	10:30am	Reformer 45min (Sandy)		SGT 30min (Yuan)	Mat Pilates 45min (Sarah)	SGT 30min (Yuan)		Reformer 45min (Sarah)		Reformer 45min (Sarah)			
	12:30pm	B-Active Longer 45min (Daniel)		Yoga 45min (James)		B-Active Longer 45min (Daniel)		SGT 30min (Yuan)		SGT 45min (Daniel)			
	5:30pm			Reformer 45min (Kiara)		Reformer 45min (Kiara)		SGT 30min (Yuan)					
	6:30pm	Reformer 45min (Kiara)		HIIT 45min (Daniel)	Reformer 45min (Kiara)	HIIT 45min (Daniel)		Bootcamp 45min (Daniel)					

•At times program bookings will interrupt regular scheduling we will do our best to notify ahead of time when there are interruptions.

•Class times subject to change.



SUMMIT
AQUATIC + LEISURE

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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUA	6:30am	Aqua Aerobics 45min (Belinda)					
	7:30am	Aqua Aerobics 45min (Belinda)					
	9:30am		Aqua Aerobics 45min (Belinda)			Aqua Aerobics 45min (Heather)	
	10:30am		Warm Water Aqua 30min (Belinda)		Warm Water Aqua 30min (Belinda)		
	11:30am		Warm Water Aqua 30min (Belinda)				
	5:00pm				Aqua Aerobics 45min (Heather)		
	6:00pm				Aqua Aerobics 45min (Heather)		

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DESCRIPTIONS

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HIIT (HIGH INTENSITY INTERVAL TRAINING)

HIIT Movements are big, involving every muscle working together, and intervals are short so you can give max effort. Suitable for intermediate to advanced fitness levels. These high intensity workouts combine cardio, free weights and functional movements.

BOXING

Boxing classes combine strength work and cardio conditioning to strike a total body balance. Move through a series of different routines and rounds, alternating between speed and power. You will also be hitting your core with additional moves and exercises to get that final finish.

BOOTCAMP

A bootcamp fitness class is a high-intensity group workout inspired by military training, combining cardio, strength, and bodyweight exercises often in circuits with short rests. Uses minimal or varied equipment, and aims to boost strength, endurance, and calorie burning.

SGT (SMALL GROUP TRAINING)

A personalised workout for a small number of participants, combining bodyweight, free weights, and bands. Perfect for beginners or older adults, it blends strength and cardio while safely introducing new movements to build confidence, mobility, and overall health.

YOGA

A flowing and meditative class, Yoga is for healing and restoring balance within the mind, body and spirit. Poses are structured around alignment principles to ensure safe and optimal expression in each post. You will work on improving your muscle tone, strength, stamina and overall flexibility.

B-ACTIVE LONGER

Functional Training is a welcoming class designed for older adults who want to improve their strength, flexibility, balance, and overall wellbeing all at a pace that suits them.

REFORMER PILATES

Resistance-based Pilates that is performed on a Reformer Pilates bed, using your body weight and set a level of resistance of the bed springs to build strength and activate your muscles. All parts of the reformer equipment and class can be adjusted for different levels of fitness and skill.

MAT PILATES

Pilates will challenge your strength, flexibility and coordination with traditional and modern Pilates. Performed on the floor you'll feel strong, streamlined and invigorated after this thorough workout. Pilates has the power to transform your physical, emotional and spiritual state.

STRETCH AND FLEX

A stretch and flexibility group fitness class is a low-impact workout designed to improve flexibility, mobility, posture, and stability. These classes are suitable for all fitness levels, including beginners, older adults, or those recovering from injury, and can be done with or without props (e.g., resistance bands, yoga blocks).

AQUA AEROBICS

In an Aqua Aerobics class, the water provides a great cardio workout with cushioning, resistance, and support. Joints are safely supported with each exercise while working the whole body, helping to improve cardio fitness, strength, endurance, posture, and flexibility.

WARM WATER AQUA

We also offer **warm water classes**, which take place in a heated pool designed to promote gentle movement. The warmth of the water helps increase circulation, reduce muscle stiffness, ease joint pain, and create a soothing environment that's especially beneficial for recovery, mobility, and overall wellbeing.

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