

BOXING

Boxing is a full body workout that packs a punch. Focusing on technique and specific drills, boxing will improve your cardiovascular fitness, power, agility and coordination.

STADIUM STRENGTH

Stadium Strength is a functional high intensity class that primarily uses the grandstand, bodyweight and functional equipment. This class develops strength, power, endurance, mobility and fat loss.

PILATES

Bluewater's matwork class focuses on developing a strong core with specific bodyweight exercises. Benefits of pilates includes improved posture, greater flexibility, improved circulation, endurance and reduced stress.

YOGA

Yoga Restorative is a nice gentle class focusing on the deep tissues, ligaments, joints and deep fascia networks. Yoga Flow is an energetic and dynamic yoga class that will strengthen and stretch the body and mind. No yoga experience necessary, but a moderate level of fitness is recommended.

MET CON

Metabolic Conditioning is an intense workout which places a large demand on your body's 3 energy systems to burn calories at a high rate during and after your workout. If you like to work hard and want to transform your body quickly then these 30 minute classes are for you.

HIIT

High Intensity Interval Training has been proven to get results, fast. This class is great to burn energy in a short amount of time. HIIT is powerful and explosive exercises completed in short intervals. This class is a full body workout and can be modified to suit all fitness levels.

CORE

Core classes target abdominals, obliques, glutes, hamstrings and the lower back. This class is aimed at giving you a rock solid and stable mid-section. Core can be instructed in different ways, ranging from an intense workout to a slower controlled session.

SPIN

Maintain a fast cadence then progress into an intense hill climb while listening to motivating music on our fully adjustable body bikes. Only high-intensity cycling classes build endurance, strengthen the core and tone your muscles.

ACTIVE AGEING PROGRAM

Active Ageing is a rehabilitation, strength-maintenance and socialisation program for older adults. It focuses on keeping your body active and mobile whilst improving balance, strength, posture, coordination and flexibility. Exercises are easily modified to your goals and needs by using a variety of equipment. It is a fun and social environment that will make you feel revitalised.

LUNGS IN ACTION

Lungs in Action is Lung Foundation Australia's community based maintenance exercise program for people with stable chronic lung conditions who have completed a pulmonary rehabilitation program at Colac Area Health.



Bluewater

Group Fitness Timetable



Bluewater



Colac Otway
SHIRE

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Group Fitness Timetable

PLEASE BRING A TOWEL AND DRINK BOTTLE TO EACH SESSION.
CHILDREN AGED 10-14 MUST BE SUPERVISED BY AN ADULT 18+. CONDITIONS APPLY.

STUDIO ONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am	BOXING ⁴⁵	STADIUM STRENGTH ⁴⁵		MET CON (GYM) ³⁰	HIIT ⁴⁵	
6:15am		YOGA FLOW ⁶⁰		PILATES ⁴⁵		
9:00am						HIIT ³⁰
9:30am		PILATES ³⁰	HIIT ³⁰	STADIUM STRENGTH ³⁰	MET CON (GYM) ³⁰	
5:15pm	PILATES ³⁰					
6:00pm		BOXING ⁴⁵		YOGA FLOW ⁶⁰	BOXING ⁴⁵	
7:15pm	MET CON (GYM) ³⁰	YOGA RESTORATIVE ⁶⁰	BOXING ³⁰			

GYM STADIUM

0 MINUTES CLASS RUNS FOR

SPIN STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am			SPIN ⁴⁵			
8:15am						SPIN ³⁰
9:30am	SPIN ³⁰					
6:00pm	SPIN ⁴⁵		SPIN ⁴⁵			

ACTIVE AGING PROGRAM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am	CIRCUIT ⁴⁵		OUTDOORS ⁴⁵			
10:30am	AQUA BALANCE ⁶⁰		LUNGS IN ACTION ⁶⁰	AQUA BALANCE ⁶⁰		
1:30pm		GYM ⁶⁰		CIRCUIT ⁶⁰	COMBINATION ⁴⁵	

GYM STUDIO ONE MAIN POOL
OUTDOORS WARM WATER POOL



DON'T FORGET TO CHECK OUT OUR
LES MILLS VIRTUAL CLASSES