



Bluewater

Group Fitness Timetable

24/7 gym and virtual group fitness access available
Conditions Apply

Open Hours

Monday	6.00am - 8.30pm
Tuesday	6.00am - 8.30pm
Wednesday	6.00am - 8.30pm
Thursday	6.00am - 8.30pm
Friday	6.00am - 7.30pm
Saturday	8.00am - 4.00pm
Sunday	8.00am - 4.00pm

Public Holidays 10.00am - 4.00pm

What types of concession cards we accept:

- Health Care Card
- Pension Card
- Seniors Card
- Student Card
- Carer and Companion Cards
- Department of Veteran's Affairs Pension



Bluewater



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www.bluewater.org.au www.colacotway.vic.gov.au

Find us on 

Our Group Fitness classes are FREE for our Platinum and Gold members. Thinking about starting a membership? Our memberships workout cheaper than two casual visits each week! Talk to our Customer Service Team and ask about which of our different memberships best suits your needs.



Casual Visit Costs

TYPE	COST
Adult	\$15.80
Concession	\$12.70
Over 50's Programs	\$7.90

Bluewater Childcare

Did you know Bluewater has a childcare facility? Our qualified educators run programs Monday - Friday mornings, 9.00am - 11.30am. Our service is open to all, whether using the centre, or heading out! Bookings are essential. Conditions apply.

Ask for a Childcare Brochure for more information!

Bluewater Swim School

Our Swim and Survive program teaches vital life skills in a safe, nurturing environment. Our classes run Monday - Saturday mornings, and Monday—Friday afternoons. We have a range of payment and enrolment options and lessons are \$16.20, with discounts and concession available.

Ask for a Swim School Brochure for more information!



GROUP FITNESS TIMETABLE

22/11/2021—18/12/2021

BOXING

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

A high intensity class that primarily uses the grandstand, bodyweight and some functional equipment. This class helps develop strength, endurance, mobility and fat loss.

PILATES

Primarily matwork, with focuses on developing a strong core with specific bodyweight exercises. Benefits of Pilates includes improved posture, greater flexibility, improved circulation, longer endurance and reduced stress.

YOGA

Yoga Restorative is a nice gentle class focussing on 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.

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 exercise completed in short intervals. This class is a full body workout and can be modified to suit all fitness levels.

SPIN

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

MONDAY

BOXING
6.15AM

AA
CIRCUIT
9.00AM

SPIN
6.00PM

YOGA
7.15PM

TUESDAY

STADIUM
STRENGTH
6.15AM

YOGA
6.15AM

AA
GYM
1.30PM

BOXING
6.00PM

WEDNESDAY

SPIN
6.15AM

HIIT
6.00PM

THURSDAY

PILATES
6.15AM

AA
CIRCUIT
1.30PM

FRIDAY

HIIT
6.15AM

BOXING
6.00PM

SATURDAY

SPIN
8.15AM

CORE
9.15AM

*Bookings are recommended as classes have capacity limits.

Where will my class
be located?

Program Room

Spin Studio

Stadium Floor

AQUATIC GROUP FITNESS

Looking for Group Fitness in the water? Check out our Aquatic Group Fitness timetable. Ask our Customer Service Team for more information!

ACTIVE AGING

Active Ageing classes (AA) are for adults aged 50+, and is available free to members, or at \$7.90 for casuals.

Our CIRCUIT class is run in our program room.



Gymnasium