

# Class Descriptions

Class	Location	Duration	Intensity	Type
ABT	BOTH	30 or 45min	★★	
Aquability	MARC	40min	★	 
AquaFit	MARC	55min	★★	 
Aqualite	MARC	45min	★★	 
Aquamax	MARC	45min	★★★★	 
Aquarumba	MARC	45min	★★	 
Body Balance	BOTH	60min	★	
Body Combat	MARC	60min	★★★★	 
Body Pump	BOTH	30, 45 or 60min	★★	
Body Step	MARC	45 or 60min	★★	 
Boomers	MARC	60min	★	 
Boxing Express	MARC	30 min	★★	 
Fitball	HHRC	60min	★★	
HeartFit	MARC	55min	★	 
Metafit	BOTH	30min	★★★★	 
MetaPwr	MARC	30min	★★★★	 
Parkinsons Fitball	HHRC	60min	★	 
Pilates	BOTH	60min	★★	 
YogaLates	MARC	60min	★★	 
YogaCore	MARC	60min	★★	 
RPM	HHRC	45min	★★★★	 
Spin	HHRC	30 or 45 min	★★★★	 
Stretch n Flex	HHRC	30min	★	
Tai Chi	MARC	60min	★	
Yoga	MARC	75min	★★	 
Zen Yoga	MARC	75min	★	 
Zumba	MARC	60min	★★	 



Cardio



Strength



Relax

For full descriptions, visit  
[mandurah.wa.gov.au](http://mandurah.wa.gov.au)

# HALLS HEAD CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00am		7 PARKINSON FITBALL		7 PARKINSON FITBALL		
8.30am						6 LESMILLS RPM
9.05am	7 LESMILLS BODYPUMP	7 metafit HIT TRAINING	7 LESMILLS BODYPUMP 30'	7 metafit HIT TRAINING 6 SPIN 30'	7 LESMILLS BODYPUMP 30'	
9.20am		6 LESMILLS RPM			6 SPIN	
9.40am	6 LESMILLS RPM	7 ABT	6 SPIN 30' 7 LESMILLS BODYBALANCE	8 ABT	7 LESMILLS BODYBALANCE	
10.20am	7 PILATES	8 Stretch nFlex				

## Class Location

6

Cycle Studio

7

Group Fitness Room

8

Mezzanine

# MARC CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	6 LESMILLS RPM 45	1 meta PWR meta fit NOT TRAINING	1 meta fit NOT TRAINING 6 LESMILLS RPM 45	1 meta PWR	6 LESMILLS RPM 45		
6.00am	1 LESMILLS BODYPUMP 45				1 LESMILLS BODYPUMP 45		
8.00am	1 BOOMERS	1 LESMILLS BODYPUMP	1 BOOMERS	1 LESMILLS BODYPUMP	1 BOOMERS		
8.15am	5 AQUA lite		5 AQUA lite		5 AQUA lite		
8.30am						1 meta fit NOT TRAINING 2 Zen Yoga	
9.00am						5 AQUA fit	1 LESMILLS BODYBALANCE
9.10am	1 LESMILLS BODYSTEP 2 meta PWR	2 Yoga CORE 1 LESMILLS BODYCOMBAT	1 meta fit NOT TRAINING 2 Yoga	1 LESMILLS BODYCOMBAT 2 Yogalates	1 LESMILLS BODYSTEP	1 LESMILLS BODYSTEP 45	
9.15am	5 AQUA fit	5 AQUA max	5 AQUA fit	5 AQUA max	5 AQUA fit		
9.40am			1 ABT				
10.00am						1 LESMILLS BODYPUMP 45	
10.20am	1 LESMILLS BODYPUMP 2 ABT 5 AQUA bility	1 ZUMBA 2 Yoga 5 AQUA fit	1 LESMILLS BODYPUMP 5 AQUA bility	1 ZUMBA 2 Yoga CORE 5 AQUA fit	1 meta PWR 5 AQUA bility		
10.30am			2 Tai Chi		2 Tai Chi		
11.30am		1 He✔Fit		1 He✔Fit			

## EVENING CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5.30pm	1 LESMILLS BODYPUMP 2 meta PWR	1 LESMILLS BODYSTEP	1 LESMILLS BODYPUMP 2 meta fit NOT TRAINING	1 LESMILLS BODYSTEP
6.10pm	2 Zen Yoga 5 AQUA fit	2 LESMILLS BODYBALANCE 5 AQUA max	2 Zen Yoga 5 AQUA fit	2 Yoga

## Zumba Party

5.30pm on  
the first Friday  
of the month

We turn the lights down  
low and rock out to rhythms  
from around the world.

## MANDURAH AQUATIC AND RECREATION CENTRE

- |               |                       |
|---------------|-----------------------|
| 1 Studio 1    | 4 Gym                 |
| 2 Studio 2    | 5 Pools               |
| 3 Outdoor Gym | 6 Pop Up Cycle Studio |