
















































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	★★	 
Pilates Sculpt	MARC	60min	★★	
Progressive Pilates	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

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 meta fit HIT TRAINING	7 LESMILLS BODYPUMP 30	7 meta fit HIT TRAINING 6 SPIN 30	7 LESMILLS BODYPUMP 30	
9.20am		6 LESMILLS RPM			6 SPIN	7 ABT
9.40am	6 LESMILLS RPM	7 ABT	6 SPIN 30 7 LESMILLS BODYBALANCE	8 ABT	7 LESMILLS BODYBALANCE	
10.20am	7 PILATES	8 Stretch n Flex				

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	1 meta PWR meta fit	1 meta fit 6 LESMILLS RPM	1 meta PWR	6 LESMILLS RPM		
6.00am	1 LESMILLS BODYPUMP				1 LESMILLS BODYPUMP		
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 2 Zen Yoga	
9.00am						5 AQUA fit	1 LESMILLS BODYBALANCE
9.10am	1 LESMILLS BODYSTEP 2 meta PWR	1 PILATES 2 LESMILLS BODYCOMBAT	1 meta fit 2 Yoga	1 LESMILLS BODYCOMBAT 2 PROGRESSIVE PILATES	1 LESMILLS BODYSTEP	1 LESMILLS BODYSTEP	
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	
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 PILATES 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
4.40pm			3 BOXING EXPRESS	
5.30pm	1 LESMILLS BODYPUMP 2 meta PWR	1 LESMILLS BODYSTEP	1 LESMILLS BODYPUMP 2 meta fit	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
6.30pm				

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
- 2 Studio 2
- 3 Outdoor Gym

- 4 Gym
- 5 Pools
- 6 Pop Up Cycle Studio