

CLASS DESCRIPTIONS

ABS & STRETCH	A class designed to tone your abs and improve your core strength. It includes various abdominal exercises and is followed by 30 minutes of stretching to ensure you are feeling flexible and energized.
active TEENS	Fully supervised class aimed at teaching teenagers the benefits of exercise with emphasis on correct techniques in a social, fun and motivating environment.
AQUA	A great interval workout for anyone using minimum impact to develop strength and fitness. Burn an unbelievable amount of calories.
LES MILLS BODYPUMP	Pre-choreographed Les Mills class performed to fun music, using barbells and adjustable weight plates to deliver the fastest way to tone and condition your muscles. Definitely suitable for all ages and fitness levels.
LES MILLS BODYSTEP	Step aerobics sessions consist of sets of choreographed movements performed on a raised platform. The movements are usually accompanied by music and are designed to work the lower body, upper body and cardiovascular system.
CARDIO BOXING	High intensity interval workout using a combination of boxing drills, cardiovascular and muscular conditioning exercises, focusing on fitness rather than co-ordination.
DANCEFIT	DanceFit is a 1 hour choreographed dance class that incorporates light cardio fitness with ballet style dance moves. This class is perfect for more senior participants or people with injuries to get your body moving.
FIT AND FABULOUS	A low-impact exercise class that increases fitness levels through a range of exercises that work the entire body, strengthening muscles and bones. All ages and fitness levels welcome.
FX30	30 minutes of intense functional training incorporating equipment such as battle ropes, TRX, plyometric boxes.
PILATES	Tone your body by combining movement and breathing to develop core stability and strength. This class also helps to improve your flexibility and overall energy levels.
PWRX	A 30 minute power workout aimed to build strength, improve aerobic endurance and size of skeletal muscles, by inducing muscular contractions with the use of barbells and dumbbells.
STRENGTH TRAINING	Strength training is a type of physical exercise aimed to build strength, improve anaerobic endurance and size of skeletal muscles, by inducing muscular contractions with the use of specific machines, barbells and dumbbells or body weight. Strength training provides significant functional benefits and improvement in overall health and well-being.
SUPER CIRCUIT	Functional station based circuit class ready to set to work your arms, legs and lungs and raise a happy sweat.
YOGA	Combination of gentle movements/poses that will help develop flexibility, range of movement, and create balance between your body and mind. Suitable for the elderly participant.
ZUMBA fitness	ZUMBA is a fusion of Latin and international dance themes that create a dynamic, exciting, and effective fitness system! The routines feature interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt your body while burning fat.

**Mount Annan
Leisure Centre**

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GROUP JUL - SEP 2026 FITNESS TIMETABLE



Scan the QR code to
view our opening hours.

**Mount Annan
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GROUP FITNESS ROOM

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM			SUPER CIRCUIT				
7:30 AM					DANCEFIT		
8:30 AM	FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS	FIT AND FABULOUS	
9:30 AM	SUPER CIRCUIT	STRENGTH TRAINING	SUPER CIRCUIT	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYPUMP
10:30 AM	DANCEFIT	PILATES	YOGA	ABS & STRETCH		LES MILLS BODYSTEP	YOGA
11:00 AM					YOGA		
11:30 AM			DANCEFIT				
5:30 PM	LES MILLS BODYPUMP	LES MILLS BODYSTEP	CARDIO BOXING	SUPER CIRCUIT	LES MILLS BODYPUMP		
6:30 PM	PILATES	SUPER CIRCUIT	ZUMBA fitness	LES MILLS BODYSTEP	ZUMBA fitness		
7:30 PM	YOGA	ABS & STRETCH	LES MILLS BODYPUMP	YOGA	ABS & STRETCH		

25M POOL

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7:00 AM		AQUA*		AQUA*			
9:30 AM	AQUA	AQUA	AQUA	AQUA	AQUA	AQUA	
7:30 PM		AQUA	AQUA				

*Note: Until 30th April, 7AM AQUA classes will be held at the Camden Pool.

FUNCTIONAL TRAINING SPACE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	FX30	PWR			FX30		
6:00 AM				PWR			
6:30 AM	FX30	PWR			FX30		
6:30 AM				PWR			
8:00 AM						FX30	FX30
9:30 AM	PWR	FX30	PWR	PWR	FX30		
10:00 AM						PWR	
12:00 PM	PWR	PWR	PWR	PWR	PWR		
4:00 PM		active TEENS		active TEENS			
5:00 PM	FX30	PWR	FX30	PWR	FX30		
6:00 PM	PWR	FX30	PWR	FX30	PWR		



Up to 3 minutes after class starts
Last chance to get a ticket.



Entry 5 minutes after the class starts is
NOT PERMITTED.



Keep up to date with the latest timetable!

Scan the code to view the most up to date version of the timetable. Members can also book into our classes up to 7 days in advance via the BlueFit Health Club app. Due to instructor availability classes are subject to change without notice. For the most up to date timetable and opening hours please visit our website: mountannanleisurecentre.com.au/timetable