



Civic Reserve Recreation Centre's **Group Fitness Timetable**

Autumn/Winter 2026
Effective from Tuesday 7 April

Classes and instructors are subject to change.
Always check Active World app for most up to date class schedule.



Marron
Peninsula Shire

Active

Book your class via the Active World app or web portal



Scan to download the app



Scan to use the web portal

Group Fitness Studio							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:10am	Zumba	Cardio Strength	Zumba	Senior Circuit	Momentum		
9:00am						Zumba	
9:20am	Core & More	Prime Bar	Core & More	Prime Bar	Les Mills Pilates		
10:00am						Yoga	
10:30am	Senior Circuit	Stretch & Strength	Tai Chi	Body Balance	Body Balance		
11:30am			Qigong				
12:00pm					Yoga (Chair)		
1:00pm	Les Mills Pilates	Agestrong	Momentum	Agestrong			
2:00pm	Agestrong		Zumba Gold	Cardio Strength			
3:00pm	Momentum		Prime Bar	Yoga (Hatha)			
4:00pm	Prime Bar		Senior Circuit	Zumba			
5:30pm	Pilates	Body Balance	Cardio Boxing				

■ All Access

CONNECT30 - Gym Floor							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:10am						Resistance	
10:00am						Active Recovery	
10:30am							Functional
11:00am							Active Recovery
12:00pm	Functional	Aerobic	Resistance	Aerobic	Functional		
5:00pm	Trigger Point Therapy						
6:00pm	Functional	Aerobic	Functional	Aerobic	Functional		