



### 2024- 2025 AM GROUP FITNESS TIMETABLE

	MON	TUE	WED	THUR	FRID	SAT
7.10	HIIT CIRCUIT Charlotte					
8.30						
9.30						
10.30	Aqua		Aqua		Aqua	
11.15		LOW IMPACT Charlotte				
12.30						
1.00	CENTRE CLOSED 1.00 - 4.00 PM M-T / FRIDAY 1-3PM					

 CENTRE CLOSED 1.00 - 4.00 PM M-T / FRIDAY 1-3PM  
 LOW IMPACT  HIIT  POOL AQUA

### 2024- 2025 PM GROUP FITNESS TIMETABLE

	MON	TUE	WED	THUR	FRID	SAT
4.00					3.00 Open	
4.30						
5.00						
5.30			HIIT CIRCUIT Charlotte			
6.00						
6.30						
7.00						
7.30						
8.00	CENTRE CLOSED 8.00 PM M-T FRIDAY 7PM SAT MIDDAY					

 CENTRE CLOSED 8.00 PM M-T FRIDAY 7PM SAT MIDDAY

## GROUP FITNESS ENTRY FEES 2024-2025



Casual Group Exercise Class	
Regular Class Adult–Non Member	\$13.50
Regular Class Con – Non Member	\$8.50
Senior Class – Non Member	\$7.50

### OPERATION HOURS

Monday to Thursday 7.am – 1.pm / 4.pm to 8.pm.

Friday 7.am – 1.pm / 3.pm to 7.pm.

Saturday 9.am to Midday.

Sunday Centre Closed

### DESCRIPTION OF GROUP FITNESS 2024-2025

**HIIT CIRCUIT** – Is a high Interval circuit workout that involves short burst of intense exercise followed by brief recovery sessions. Designed to push your heart rate up and challenge your cardiovascular system.

**SPIN – TBC** Spin is also known as indoor cycling. It is designed to simulate an outdoor cycling experience. Spin Classes are energetic and encourages participants to push their limits. Can be suitable for all levels.

**LOW IMPACT** – This class minimizes stress on the joints and reduces the risk. Of injury. It involves exercises and movements that are gentle on the body.

**STRENGTH & STRETCH –TBC** 45-minute beginner class designed to increase cardiovascular and help develop the necessary strength to safely improve flexibility.

## GROUP FITNESS TIMETABLE 2024-2025



In the heart of town, stands a place so bright where athletes train with all their might It is a place of sweat and dedication where champions rise to every occasion.

The Bright Sports Centre is where it is at with energy and light, it is where they chat the atmosphere is one of inspiration Where dreams become reality with every elation.

So, lace up your shoes and come on down To the Bright Sports Centre in the heart of town It is a place of passion, it is where they strive to push themselves to their fullest and come out alive!

Email: [Brightsc@belgravialeisure.com.au](mailto:Brightsc@belgravialeisure.com.au)

Ph 03(5755 1049)

Bright Sports centre

47- 49 Gavan Street Bright, 3741

**\*Please note: Class patrons must be over the age of 16 years or older to attend the group exercise classes. Classes are subject to change at any notice due to attendance numbers.**