

CLASS DESCRIPTIONS

All classes are 60 minutes unless otherwise specified. For class descriptions and information on our group exercise classes please speak with our Leisure Centre staff

**SCAN THE QR CODE BELOW
FOR ONLINE BOOKINGS.**



Group Exercise Requirements

Bookings are not essential; however, we recommend you book in advance to secure your place

- Bookings are accepted online or over the phone 25 hours prior to the class
- You are required to bring a large towel to class
- Casuals must pay in full to reserve place (no refund for non-attendance)
- Please do not enter the studio until the previous class has vacated
- Participants are not permitted to enter a class more than 5 minute after the starting time. Staff will advise upon arrival and refuse entry. Members who are running late can attend an alternative activity offered such as gym, pool or sauna
- Body Pump requires a 5min set up time, please arrive 10min prior
- We recommend the use of a nonslip yoga mat for Body Balance and other classes that include floor-based exercises
- Cotton Inners are required for all Cardio Boxing classes and are sold at reception

Beaton Park Class Bookings: (02) 4227 7755

Lakeside Class Bookings: (02) 4227 7600

Email: leisurecentres@wollongong.nsw.gov.au

Web: wollongong.nsw.gov.au/leisurecentres

Corrimal Heated Pool: (02) 4284 9135

Dapto Heated Pool: (02) 4261 1963



Beaton Park
and Lakeside
Leisure Centres



Beaton Park and Lakeside
Leisure Centres are a service
of Wollongong City Council

WGC 03/2021

From 21 March 2025

TIMETABLE

FIT FOR ALL

Beaton Park LEISURE CENTRE

Lakeside LEISURE CENTRE

BEATON PARK CLASS BOOKINGS

(02) 4227 7755



~30 minute *45 minute

ACTIVITY ROOM

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	YOGA	PILATES		Interval Training*	BODYBALANCE		
8:00am	Seniors YOGA	Instructors in Training	BODYBALANCE	Interval Training	Instructors in Training	BODYBALANCE	CORE
9:15am	BODYBALANCE	tone	BODYBALANCE	CORE*	tone	BODYBALANCE	tone
10:30am	Active Life	BODYBALANCE	LitePace	BODYBALANCE	Active Life		
12:15pm		BUMPTUM			BODYBALANCE		
4:30pm	Strength Training*	Cardio Boxing*	Dance Fit*	Strength Training*	Dance Fit*		
5:30pm	tone	tone CORE	BODYSTEP	Instructors in Training	BODYSTEP		
6:30pm	BODYBALANCE	BODYBALANCE	PILATES	YOGA	BODYBALANCE		

MAIN HALL

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am			BUMPTUM				
8:00am	Interval Training	Active Seniors	Seniors YOGA	Active Seniors	Active Seniors	BUMPTUM	
9:15am	STEP Freestyle	BODYBALANCE	Freestyle Aerobics	BODYBALANCE	Freestyle Aerobics	BODYSTEP	
10:30am	BUMPTUM	Active Life	BUMPTUM		BUMPTUM		
4:30pm						BUMPTUM	
5:20pm			BODYBALANCE				
5:30pm	BUMPTUM						
6:30pm		Instructors in Training	BUMPTUM				

CIRCUIT – outdoor class

Saturday 8am – Cardio Boxing*

Refer to back of brochure for Group Exercise Requirements for class conditions

CYCLE STUDIO

RPM is a 45 minute program

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	RPM			RPM OF Cycle			
8:00am					RPM		
8:15am						RPM	RPM
9:15am		RPM		RPM			
12.15pm	RPM		RPM				
5:30pm	RPM						
6:30pm		RPM		RPM			

POOL

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:00am	Aquarobics	Aquarobics	Aquarobics	Aquarobics	Aquarobics		Aquarobics
12:00pm			Active Senior Aquarobics				
1:00pm		Active Senior Aquarobics		Active Senior Aquarobics			
7:00pm	Aquarobics		Aquarobics				
Dapto	Aquarobics in Outdoor Heated 50m Pool - Please refer to current Dapto Aqua program via the online bookings						

LAKESIDE CLASS BOOKINGS

(02) 4227 7600



~30 minute *45 minute

	MON	TUES	WED	THURS	FRI	SAT
6:15am	Cardio Boxing*	BUMPTUM*	HIIT+ Stretch*	Cardio Boxing*	BUMPTUM*	
7:15am						Interval Training*
8:00am	Active Seniors		Active Seniors		Active Seniors	BODYBALANCE
9:15am	BUMPTUM	CORE*	STEP Freestyle	Cardio Boxing*	BUMPTUM	BUMPTUM
10:15am		BODYBALANCE			BODYBALANCE	
10:30am	Active Life*			Active Life*		
11:20am		Active Seniors				
5:30pm	BUMPTUM	YOGA	BUMPTUM	Strength Training*		
6:30pm	STEP Freestyle*	Cardio Boxing*	Now YOGA 5.30pm Tuesdays	BODYBALANCE		