



	MON	TUE	WED	THU	FRI	SAT	SUN
6:05am	RPM	BodyPump (45)		BodyPump (45)	RPM		
7:15am		Mat Pilates		Les Mills CORE (30)			
8:30am		Aqua Aerobics	Yoga	Aqua Aerobics	Aqua Aerobics	BodyPump	
9:15am	BodyPump	RPM	Blastr	RPM	BodyPump		
9:30am						Les Mills Dance (45)	
10:30am	Live Active	Tai Chi for Health	Live Active	Basic Step	Live Active	Yoga	
5:00pm			Les Mills Dance (30)	BodyPump (30)	BodyStep (45)		
5:30pm	RPM BodyCombat	BodyStep RPM	RPM	BodyCombat (30)			
5:45pm			BodyPump				
6:00pm					Body Balance		
6:15pm				Mat Pilates			
6:30pm	BodyPump Aqua Aerobics	Body Balance	Aqua Combat				

## BActive Functional Training

	MON	TUE	WED	THU	FRI	SAT
6:15am			Aerobic			
8:30am	Resistance	Aerobic				Functional
5:15pm						

Don Reserve, Steele Street, Devonport, TAS 7310  
 Phone (03) 6423 3007  
[www.splashdevonport.com.au](http://www.splashdevonport.com.au)

Book your classes through the Active World App



Please note we now welcome our Mums and Bubs to a wide range of timeslots and classes. Please see the front desk for more information on this.

# Group Exercise Descriptions

## BodyPump

Capacity 30.

The original barbell class that strengthens your entire body. This workout challenges your major muscle groups by using weights. Great music and awesome instructors inspiring you to get the results that you came for - and fast! Up to 60 minutes.

## BodyBalance

Capacity 30.

The yoga, tai chi, pilates workout that builds flexibility and strength, leaving you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music that creates a holistic workout, bringing the body into a state of harmony and balance. Up to 60 minutes.

## BodyStep

Capacity 30.

The original 'freestyle' step aerobics that started the revolution! Great for toning the legs and glutes. Bodystep does require a degree of coordination so be patient and be prepared to learn the move. Up to 60 minutes.

## BodyCombat

Capacity 30.

The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Up to 60 minutes.

## Les Mills DANCE

Capacity 30.

The high-energy workout is anchored in three cardio peaks, a warm-up and cool-down. It incorporates innovative dance movements that work cohesively with progressive music inspired by global dance genres. Dance is a great option for members who want to improve their dance skills while getting fit, or for anyone who loves to dance. Up to 45 minutes.

## Les Mills CORE

Capacity 20.

Build strength, stability and endurance in the muscles supporting and surrounding your core. Improve balance and assist injury prevention. Up to 45 minutes.

Equipment must be returned to correct place after use  
Strictly no entry to a class 5 minutes after it starts

## RPM

Capacity 22.

Cycle workout that delivers maximum results with minimum impact on your joints. Tune into some great music as your instructor takes you on a journey of hill climbs, sprints and flat riding, with resistance levels that you control. Up to 60 minutes.

## Tai Chi

Capacity 30.

Originating from ancient China, tai chi is an effective exercise for health of the mind and body. Up to 60 minutes.

## Mat Pilates

Capacity 30.

A self paced class focusing on improving core stability, posture and overall strength by using a series of body weight exercises with control and precision. Up to 60 minutes.

## Blastr

Capacity 30.

An interval-based circuit class suitable for everyone that will get you into the best shape of your life! Up to 60 minutes.

## Live Active

Capacity 30.

This class is designed for seniors. Low impact moves to keep your body functional, flexible and moving. Up to 60 minutes.

## Basic Step

Capacity 30.

Low-impact class including bodyweight and hand weight exercises combined with basic stepping techniques for all levels of fitness. It's great for hand eye coordination. Up to 60 minutes.

## POOL

### Aqua Aerobics

Capacity 40.

Low-impact general fitness class in water, suitable for everyone. Up to 60 minutes.

### Aqua Combat

Capacity 40.

Combat inspired aquatic session, designed to provide a challenge to cardio endurance, balance and coordination. Up to 60 minutes.

## BActive Functional Training

Capacity 10.

BActive is offered in multiple different styles and ran from the gym floor. These classes are for everyone - build muscle, burn fat and boost your metabolism.

Up to 30 minutes.

### Resistance

BActive resistance is a full-body resistance training class with an emphasis on overall strength.

### Aerobic

BActive aerobic is a cardio-based class that gets your heart pumping for long duration work times.

### Functional

BActive functional is a mixture of bodyweight functional movements and equipment that helps to improve stability, mobility and strength.

## FEES

GROUP EXERCISE - Casual

ADULT  
**\$18.00**

CONCESSIONS  
**\$14.50**

Multi visit passes are valid for 6 months from the date of purchase and are non-refundable.