



|         | MON                            | TUE           | WED                  | THU             | FRI              | SAT             | SUN              |
|---------|--------------------------------|---------------|----------------------|-----------------|------------------|-----------------|------------------|
| 6:05am  | RPM                            | BodyPump (45) | RPM                  | BodyPump (45)   | RPM              |                 |                  |
| 7:15am  |                                | Mat Pilates   |                      | BodyPump HEAVY  | Les Mills Shapes |                 |                  |
| 8:30am  |                                | Aqua Fitness  | Yoga                 | Aqua Fitness    | Aqua Fitness     | 8:15am BodyPump |                  |
| 9:15am  | BodyPump                       | RPM           | Blastr (45)          | RPM             | BodyPump         |                 |                  |
| 9:30am  |                                |               |                      |                 |                  | Blastr (45)     | Les Mills Shapes |
| 10:30am | Live Active                    |               | Live Active          | Basic Step      | Live Active      | Yoga            |                  |
| 4:15pm  | Les Mills Shapes               |               |                      |                 |                  |                 |                  |
| 5:00pm  | Les Mills Dance (45)           |               | Les Mills Dance (45) | BodyStep (45)   | BodyPump HEAVY   |                 |                  |
| 5:30pm  | RPM                            |               | RPM                  |                 |                  |                 |                  |
| 5:45pm  | BodyCombat (45)                | BodyStep      |                      | BodyCombat (45) |                  |                 |                  |
| 6:00pm  |                                |               |                      |                 | Body Balance     |                 |                  |
|         |                                |               |                      |                 |                  |                 |                  |
| 6:30pm  | BodyPump HEAVY<br>Aqua Fitness | Body Balance  | BodyPump Aqua Combat | Mat Pilates     |                  |                 |                  |

## BActive Functional Training

|        | MON        | TUE     | WED     | THU        | FRI | SAT        |
|--------|------------|---------|---------|------------|-----|------------|
| 6:15am |            |         | Aerobic |            |     |            |
| 8:30am | Resistance | Aerobic |         | Functional |     | 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.

## 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.

## 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.

## Body Pump Heavy

Capacity 25.

Serious strength training, made simple and fun. Tempo-based weightlifting with traditional lifting techniques, slow moves and long recoveries. It's challenging, energizing and builds lean muscle like nothing else. BODYPUMP HEAVY™ is serious strength training made simple and fun. No intimidation, just science-backed heavy lifting, iconic music and addictive energy.

Up to 60 minutes.

## 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.

## Les Mills Shapes

Capacity 30.

This is the workout you never knew you needed. An invigorating blend of Pilates, sculpt, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

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.

## 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.

## 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.

## POOL

### Aqua Fitness

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   | CONCESSIONS |
|---------|-------------|
| \$19.00 | \$15.00     |

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

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