



GROUP FITNESS TIMETABLE

AUTUMN/WINTER 2025

Effective from Monday 28 April

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

SOMERVILLE
RECREATION CENTRE


**MORNINGTON
PENINSULA**
Shire

GROUP FITNESS

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM		HIIT Strength		Mat Pilates	Core & More		
9:00AM					Zumba		
9:15AM	Burn It Mat Pilates	Core & More	Body Pump	HIIT Strength			
10:15AM	Momentum	Prime Movers Yoga (Chair)	Zumba Tai Chi	Momentum	Body Pump Yogalates		
11:15AM	Strength & Balance Yoga	Agestrong Entry	Prime Bar	Agestrong Entry	Body Balance		
12:15PM			Yoga (Chair)	Prime Movers	Prime Movers		
5:00PM	Zumba		Zumba				
5:30PM		Body Balance					
6:00PM	Core & More		Core & More				



All Access Class



Classes held in our Community Room

REFORMER PILATES

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
8:10AM						Reformer Intermediate	
9:15AM	Reformer Pilates	Reformer Pilates	Reformer Beginner	Reformer Pilates	Reformer Pilates		
10:15AM	Reformer Beginner						
4:30PM		Reformer Pilates					
5:30PM	Reformer Pilates	Reformer Beginner		Reformer Pilates			



**DOWNLOAD THE
ACTIVE WORLD APP
TO BOOK YOUR
GROUP FITNESS
CLASSES**