

Aqua Jetty Memberships

Commencing
12 October 2026

Membership inclusions	Gold (16+)	Silver (16+)	LiveWell (Over 60s)	Tween (11-12 yrs)	Teen (13-15 yrs)
Health Club access	All opening hours	All opening hours	Off peak		Off peak
Group Fitness classes (see timetables for details)	All	All	Limited	Limited	All except Body Pump
Spa, sauna and steam and hydrotherapy pool (16+)	✓		✓		
All indoor and outdoor heated pools	✓		✓	✓	✓
Seasonal access to Rockingham Aquatic Centre	✓		✓		✓

Timetables

Group Fitness

				Gold	Silver	^LiveWell	+Tween	Teen
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
5.50am				LES MILLS BODYPUMP *	LES MILLS BODYATTACK +			5.50am
6am	Yoga ^		Yoga ^					6am
6.30am		LES MILLS BODYPUMP #				7.10AM START		6.30am
7am					New Functional Power ^	New Bootcamp ^		7am
8am	New Functional Core ^	New Functional Strength ^	Cardio Sculpt ^	Core Flow ^	Core Flow ^	LES MILLS BODYCOMBAT +		8am
8.45am					9.05AM START		New LES MILLS CORE +	8.45am
9am				LES MILLS CORE #	New LES MILLS BODYCOMBAT +			9am
9.15am	LES MILLS BODYSTEP +	LES MILLS BODYPUMP	LES MILLS BODYATTACK +			LES MILLS BODYSTEP +	9.45AM START	9.15am
9.30am				LES MILLS BODYSTEP +			New LES MILLS BODYPUMP	9.30am
10am			LES MILLS BODYPUMP			LES MILLS BODYPUMP		10am
10.15am	LES MILLS BODYPUMP	LES MILLS CORE +			New LES MILLS BODYPUMP			10.15am
10.30am			11.10AM START	LES MILLS BODYPUMP *		11.10AM START		10.30am
11am		Fitball Sculpt ^	Intermediate Pilates ^			LES MILLS BODYBALANCE +		11am
11.30am	Cardio Sculpt ^			Club Fiesta ^				11.30am
12pm		Chiball ^	Pilates ^		Gentle Flow ^			12pm
12.30pm	Healthy Heart ^			Healthy Heart ^				12.30pm
1.10pm		Intermediate Pilates ^						1.10pm
4pm				Boxing +				4pm
4.15pm	Cardio Blitz +							4.15pm
5pm	LES MILLS BODYPUMP	LES MILLS BODYATTACK +	LES MILLS BODYCOMBAT	LES MILLS CORE +				5pm
5.30pm		LES MILLS CORE +						5.30pm
6pm	LES MILLS BODYSTEP +	Freestyle Step	LES MILLS BODYBALANCE	LES MILLS BODYPUMP				6pm
7pm		LES MILLS BODYBALANCE	ZUMBA +					7pm

First time to
BODYPUMP?
Please arrive 10
minutes early

Online bookings open 48 hours in advance of class times for members, 12 hours in advance for guests.
Timetable key: #30 minute class. *45 minute class. All other classes are 60 minutes.

Aqua Aerobics

	Gold		Silver		^LiveWell		Teen
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time
7am	Hydro Movers ^ *	Hydro Movers ^ *	Hydro Movers ^ *	Hydro Movers ^ *	Hydro Movers ^ *		7am
8am	Hydro Movers ^ *	Hydro Movers ^ *	Hydro Movers ^ *	Hydro Movers ^ *	Hydro Movers ^ *		8am
8.30am						Aqua ^	8.30am
9am	Aqua Movers ^	Aqua Fit ^		Aqua Fit ^	Aqua Fit ^		9am
9.15am			Aqua ^				9.15am
10am	Aqua ^	Aqua ^ *		Aqua ^	Aqua ^		10am

Cycle Studio

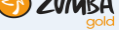
Cycle Studio					Gold	Silver	^LiveWell	Teen
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
5.50am	 *	 #	 *	 #				5.50am
7.15am							 #	7.15am
8am							 #	8am
8.30am						 ENDURO		8.30am
9am	 ENDURO	 *	 ENDURO					9am
9.30am				 *				9.30am
10am					Spin #			10am
10.30am			Spin # ^					10.30am
11am		Spin # ^						11am
5pm	 ENDURO							5pm
5.15pm			 *		 #			5.15pm
6pm			 #					6pm

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Timetable key: #30 minute class. *45 minute class. All other classes are 60 minutes.

Warnbro Community Recreation Centre, Okehampton Road, Warnbro

Group Fitness

Group Fitness					Gold	Silver	LiveWell	Teen
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
7.30am			Flow Yoga					7.30am
8.30am	LES MILLS BODYBALANCE			Power *	Circuit #			8.30am
8.45am			Freestyle Step	9.15AM START				8.45am
9am		Intermediate Pilates		Intermediate Pilates	Boxing #		LES MILLS BODYBALANCE	9am
9.30am	Club Fiesta				Flow Yoga			9.30am
10am		Flow Yoga	LES MILLS BODYBALANCE *					10am
10.30am	Slow Flow Yoga					Yoga		10.30am
5pm	LES MILLS BODYBALANCE		5.30PM START					5pm
5.15pm		Intermediate Pilates	Energize *	Circuit *				5.15pm
6pm	Club Power			Slow Flow Yoga				6pm
6.15pm			LES MILLS BODYBALANCE					6.15pm
7pm	Pilates							7pm

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