FITNESS CLASS DESCRIPTIONS

ACTIVE OVER 50 - 60MIN
Variety of low impact exercises that are safe, effective and fun.

ACTIVE+ - 60MIN
Medium intensity based class designed to push and challenge you with safe and effective techniques.

BODY ATTACK - 60MIN
The sports-inspired cardio workout for building strength and stamina.

BODY COMBAT - 60MIN
Martial arts based class for beginner to advanced.

BODY POWER - 60MIN
A resistance based class focusing on increasing strength and stamina.

BODY PUMP - 60MIN
A barbell class that strengthens and tones your entire body.

BOOTCAMP - 60MIN
A full body workout helping to increase fitness, strength, agility and flexibility.

BOX FITNESS - 60MIN
A fun total body workout demonstrating a variety of boxing techniques.

CARDIO COMBO - 60MIN
A complete cardio training workout, working on overall fitness.

CIRCUIT - 60MIN
Medium to high energy workout utilising aerobic and circuit equipment.

CORE BLASTER - 60MIN
High intensity class focused on strengthening your core.

CORE DEFINITION - 60MIN
A stretch-based class combined with core muscle strength.

EXT - 45MIN
High intensity class combining large compound movements with short intense cardio.

EXTEND - 45MIN
Whole body stretch based class focusing on breathing and full body recovery.

GENTLE EXERCISE - 60MIN
A low impact gentle exercise class utilising a variety of equipment.

HIGH LO COMBO - 60MIN
Mixture of high and low impact exercises focusing on strength and cardiovascular fitness.

NEW BODY - 60MIN
Low impact cardio conditioning class that is easy to follow for all fitness levels.

ON THE BALL - 60MIN
Provide muscular tone and core strength.

PILATES - 60MIN
Mat work to improve core stability and flexibility.

SCULPT - 60MIN
A strength training workout designed to shape and tone your entire body for all fitness levels.

SCX - 60MIN
This class is designed for beginners to intermediate fitness levels to help over strength and fitness.

SUPER CIRCUIT - 60MIN
Cardiovascular interval workout to help burn fat, tone muscles and increase fitness.

Gordon Fetterplace
AQUATIC CENTRE
The Parkway, Bradbury
P: 4645 4040
Monday to Friday: 5.15am to 8pm
Saturday: 8am to 6pm (winter 3pm)
Sunday: 7.30am to 5pm (winter 3pm)

Emerald Drive, Eagle Vale
P: 4645 4255
Monday to Friday: 6am to 9pm
Saturday: 8am to 6pm (winter 3pm)
Sunday: 7.30am to 5pm (winter 3pm)

Fields Road, Macquarie Fields
P: 4645 4020
Monday to Friday: 5.30am to 10pm
Saturday & Sunday: 6am to 2pm

Fields Road, Macquarie Fields
P: 4645 4030
Monday to Friday: 5.30am to 10pm
Saturday & Sunday: 6am to 2pm

Connect with us: @campbelltownleisureandfitnesscentres

Proudly owned and operated by Campbelltown City Council
### Eagle Vale Central

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### Macquarie Fields Fitness & Indoor Sports Centre

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### Gordon Fetterplace Aquatic Centre

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