



Shire of **EAST
Pilbara**
THE HEART OF THE PILBARA



*Move More. Feel Better.
Your Journey Starts Here!*

GROUP FITNESS TIMETABLE FROM 28 APRIL— 5 JULY 2026

Times	MON	TUES	WED	THURS	FRI	SAT
8:30am		OMNIA 8 ³⁰				meta PWR ³⁰
9:30am						<i>Pilates</i> ⁴⁵
10:30am						MUMS & BUBS PILATES ³⁰
5:30pm	SLOW FLOW PILATES ⁴⁵	meta PWR ³⁰	Box FITT ³⁰	HYBRID HIIT ³⁰		
6:15pm				AQUA FIT ⁴⁵		
6:30pm	<i>Pilates</i> ⁴⁵					

SCAN



Monday - Friday 8am-8pm, Saturday 8am-12pm
P: 08 9177 8075
E: csorec@eastpilbara.wa.gov.au

Crèche available (Bookings Essential)
Monday - Saturday 8-11AM
Monday 5-8PM





Make a splash while you get fit at the Newman Aquatic Centre! Our 45 minute AquaFIT class delivers a full body workout in the pool, blending energising cardio with strength training, all with low impact on your joints. Perfect for all fitness levels, AquaFIT helps you tone muscles, burn calories, and improve mobility in a fun, supportive aquatic environment.



Step into the zone with BoxFit — the ultimate blend of boxing intensity and dynamic training!

This total body workout is designed for all fitness levels, helping you unleash power, sharpen agility, and build serious endurance.

Join our supportive crew, throw strong punches, break a sweat, and walk out feeling unstoppable, empowered, and fully energised.



A fast paced, equipment based HIIT workout designed to challenge strength, endurance, and power. This 30 minute session blends dynamic cardio bursts with functional resistance training for a full body burn. Expect a mix of kettlebells, dumbbells, slam balls, and more, perfect for anyone wanting maximum results in minimal time. High energy, high intensity, and highly effective!



MetaPWR is a 30-minute high intensity group fitness session combining bodyweight and weighted exercises to build optimal strength and power. Every minute counts as you push your limits through explosive, functional movements. Expect full body intensity, serious afterburn, and DOMS (Delayed Onset Muscle Soreness) that reminds you just how strong you're becoming.



Get ready for a powerful 30minute circuit session on the Omnia 8 rig! This class is designed to suit all fitness levels, with exercises easily tailored to your individual needs. High energy, full@body, and super efficient, deal for those wanting a great workout in a short amount of time.



It is a welcoming class for mums, including prenatal participants, focusing on strength, posture and gentle full body movement. Enjoy moving at your own pace in a relaxed, supportive environment. Babies aged 0–12 months are welcome, so you can look after your wellbeing while caring for your little one.



Slow Flow Pilates offers a more intentional approach to mat work, gently breaking down classic Pilates exercises to deepen understanding and awareness. With a focus on control, alignment, and mindful movement, this class invites you to refine technique, build strength, and have fun while working toward mastering the original Pilates foundations.



This dynamic, full body Mat Pilates class blends traditional Pilates principles with a modern, energetic style. Expect a stronger pace, creative sequencing, and progressive layers that challenge strength, stability, and control—while always staying grounded in the classic foundations of Pilates.