



*Real progress happens outside your  
comfort zone.. Your Journey Starts Here!*

**GROUP FITNESS TIMETABLE FROM 2 FEBRUARY— 2 APRIL 2026**

Times	MON	TUES	WED	THURS	FRI	SAT
6:15am						
8:30am						
9:30am						
5:30pm						
6:15pm						

**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 BoxFitt — 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.

---



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 30-minute 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.

---



Strengthen, lengthen, and realign with our 45 minute Mat Pilates class.

This session focuses on controlled movements, deep core engagement, and mindful breathing to help improve posture, flexibility, and overall body.

Strong, steady, and oh so satisfying!

---