

PELICAN PARK POP UP LOCATIONS

POP UP GYM

Pelican Park Pop Up Gym
21 High Street, Hastings




 650m 2min drive

 450m 7min walk

POP UP HUB

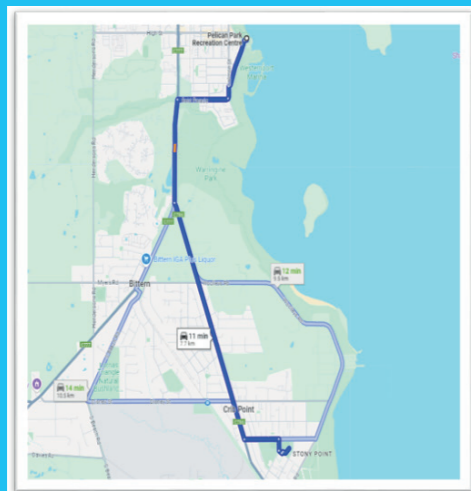
Hastings Community Hub
1973 Frankston-Flinders Road,
Hastings



 2.3km 5min drive

POP UP AQUA

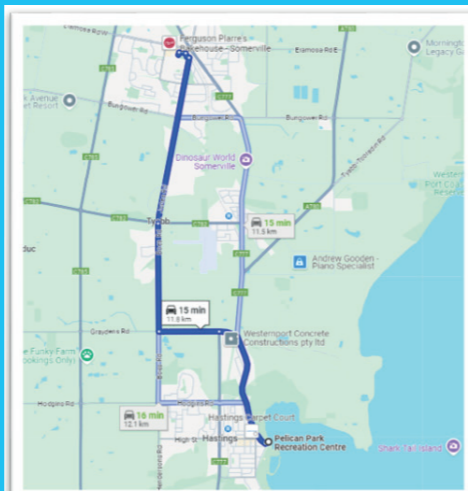
Crib Point Outdoor Pool
31 Governors Road, Crib Point



 7.7km 11min drive

POP UP @ SOMERVILLE

Somerville Recreation Centre
14 Edward Street, Somerville



 11.8km 15min drive



GROUP FITNESS POP UP TIMETABLE

Effective from Saturday 11 January 2025

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

www.pelicanparkrec.com.au

PELICAN PARK
RECREATION CENTRE



POP UP HUB

Hastings Community Hub

1973 Frankston-Flinders Road, Hastings

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:35AM	Momentum	Momentum					
9:25AM	Cardio Blast	Body Pump		Body Pump			
10:35AM	Pilates	Body Balance		Pilates			
11:10AM			Stretch & Strength		Stretch & Strength		
12:00PM	Agestrong		Agestrong				
1:00PM	Agestrong						

POP UP GYM

Pelican Park Pop Up Gym

21 High Street, Hastings

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:05AM	CONNECT30	CONNECT30	CONNECT30	CONNECT30	CONNECT30		
6:40AM	CONNECT30	CONNECT30	CONNECT30	CONNECT30	CONNECT30		
9:25AM			Burn It		Burn It		
10:00AM	CONNECT30	CONNECT30		CONNECT30		CONNECT30	
6:00PM	CONNECT30	CONNECT30	CONNECT30	CONNECT30			

POP UP AQUA

Crib Point Pool

31 Governors Road, Crib Point

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:15AM	Aqua	Aqua HIIT	Aqua	Aqua	Aqua		Aqua
9:15AM	Aqua Deep	Aqua Deep	Aqua	Aqua Deep	Aqua Deep		
10:15AM						Aqua	
11:15AM						Aqua HIIT	
2:00PM	Aqua		Aqua Deep	Aqua			
6:30PM		Aqua Deep			Aqua Deep		

POP UP @ SOMERVILLE

Somerville Recreation Centre

14 Edward Street, Somerville

	MON	TUES	WED	THURS	FRI	SAT	SUN
8:35AM						RPM	
9:25AM						Body Pump	
10:35AM							Body Balance
5:30PM			RPM	Body Pump			
6:30PM		Body Pump	Body Balance	Spin			

Please note, there will be a new Aqua timetable from Monday 3 February 2025 to accommodate our school swimming carnivals.



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



**SCAN THE QR
CODE TO VIEW
THE CLASS
DESCRIPTIONS**