

# GOLD COAST RECREATION PRECINCT



## Group fitness class timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 – 6:45 am	Stronger Enduro	Active and Healthy Pilates*	HIIT	Active and Healthy Pilates*	Stronger Enduro
8:00 – 8:45 am	Circuit	Strength and Movement	HIIT	Circuit	Strength and Movement
9:15 – 10:00 am	Low Impact Exercise	Stronger Enduro	Low Impact Exercise	HIIT	Circuit

GROUP FITNESS

PILATES

Classes are subject to change. Suitable for all fitness levels. Wear enclosed shoes and bring a water bottle and towel.

\*Class not included in membership.

**Sign up now**

Book online via our membership portal



## Contact us

- @GCRecreationPrecinct
- 07 5669 2100
- GCRecGym@sport.qld.gov.au
- 1525 Gold Coast Highway, Palm Beach QLD 4221

DELIVERING FOR QUEENSLAND



Queensland Government

# Classes

## PILATES

### Active and Healthy Pilates

A low-impact workout focusing on core strength, flexibility, and balance. Performed on a mat, this class uses controlled movements, proper alignment, and mindful breathing. Suitable for all levels.

## GROUP FITNESS

### Combat Fit

Combat Fit uses dynamic movements for a full-body workout. This class improves coordination while delivering an empowering and fun training experience.

### HIIT

This high intensity interval class is a fast-paced workout that alternates between short bursts of intense exercise and brief recovery periods.

### Low Impact Exercise

Slow and gentle but challenging movements incorporating deep breathing and balance.

### Strength and Movement

Gentle circuit-style class using weights and mat work to tone the body while working on flexibility and mobility.

### Stronger Enduro

Test your endurance with a diverse combination of strength and bodyweight work.

### Circuit

Our circuit training class combines strength, cardio, and core exercises at different stations to keep you moving and challenged.

## Centre opening hours

Monday–Friday: 6 am – 8 pm

Saturday: 6 am – 5 pm

Sunday: 7 am – 3 pm

## Gym opening hours

Monday–Friday: 5 am – 8 pm

Saturday: 6 am – 5 pm

Sunday: 7 am – 3 pm

## Accepting Fitness Passport

Book online via our membership portal



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