

GOLD COAST RECREATION PRECINCT

Group fitness class timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 – 6:45 am	Stronger Enduro	Active and Healthy Pilates*	HIIT	Active and Healthy Pilates*	Stronger Enduro	
6:15 – 7:15 am						Super Saturday
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	

Suitable for all fitness levels. See page opposite for full class descriptions. Wear enclosed shoes and bring a water bottle and towel. Classes are subject to change.

*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

GROUP FITNESS

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.

Super Saturday

A dynamic 60-minute Strength & Conditioning class held on our gym floor, combining barbell lifts, functional training, and high-energy cardio intervals.

ACTIVE AND HEALTHY CLASSES

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.

Active and Healthy Yoga

Stretch, strengthen, and slow things down. An all-levels yoga class designed to improve mobility and leave you feeling recharged.

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

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