

GOLD COAST RECREATION PRECINCT

Included in
membership or
\$5.15
per class

GROUP FITNESS CLASSES

	6:30 – 7:15 AM	8:00 – 8:45 AM	9:00 – 9:45 AM	5:30 – 6:15 PM
MONDAY	BOXERCISE X ● Intense boxing and pad work class aimed at building strength, endurance and agility while learning self-defence skills.	GENTLE MOVES ● Slow and gentle but challenging movements incorporating deep breathing and balance.	COMBAT FIT ● Combat-style interval training class focusing on body weight and body motion exercises.	STRONGER ENDURO ● Test your endurance with a diverse combination of strength and bodyweight work.
TUESDAY	STRONGER HIIT ● Interval training with strength and weight exercises to focus on total body conditioning.	AEROCIRCUIT ● Popular full-body strength and cardio circuit with weights. Fun music and aerobic-style moves.	TABATA ● Full-body Tabata-style workout with a focus on cardio, strength and toning.	
WEDNESDAY	COMBAT FIT ● Combat-style interval training class focusing on body weight and body motion exercises.	HIIT STRENGTH & MOVEMENT ● Gentle circuit-style class using weights and mat work to tone the body while working on flexibility and mobility.	STEPZ CIRCUIT ● High energy full-body circuit cardio and strength-based aerobic-style incorporating step class.	HUSTLE ● HIIT-style boxing and padwork class to work on your strength and conditioning and burn fat.
THURSDAY	TABATA ● Full-body Tabata workout with a focus on cardio, strength, and toning.	AEROCIRCUIT ● Popular full-body strength and cardio circuit with weights. Fun music and aerobic-style moves.	BOXERCISE ● Fun boxing and pad work class with an aerobic spin.	
FRIDAY	STRONGER ENDURO ● Test your endurance with a diverse combination of strength and bodyweight work.	HIIT STRENGTH & MOVEMENT ● Gentle circuit-style class using weights and mat work to tone the body while working on flexibility and mobility.	STRENGTH ● Strength-based combination of slow and fast intervals for a body toning workout, finishing with some mat work.	INTENSITY LEVEL ● High ● Medium ● Low

Classes are subject to change.
Suitable for all fitness levels.

Wear enclosed shoes and bring
a water bottle and towel.

Bookings are essential, speak to
reception or call 07 5669 2100.

SIGN UP NOW



**Queensland
Government**