

# GOLD COAST RECREATION PRECINCT

Included in membership or  
**\$5.15**  
 per class

## GROUP FITNESS CLASSES

**SIGN UP NOW**



	5:30 – 6:15 AM	6:30 – 7:15 AM	8:00 – 8:45 AM	9:00 – 9:45 AM
MONDAY	<b>COMBAT FIT</b> ● Combat-style interval training class focusing on body weight and body motion exercises.	<b>TABATA</b> ● Full-body Tabata-style workout with a focus on cardio, strength and toning.	<b>AEROCIRCUIT</b> ● Popular full-body strength and cardio circuit with weights. Fun music and aerobic-style moves.	
TUESDAY			<b>TABATA</b> ● Full-body Tabata-style workout with a focus on cardio, strength and toning.	<b>GENTLE MOVES</b> ● Slow and gentle but challenging movements incorporating deep breathing and balance.
WEDNESDAY	<b>BOXERCISE</b> ● Fun boxing and pad work class with an aerobic spin.	<b>STRONGER ENDURO</b> ● Test your endurance with a diverse combination of strength and bodyweight work.	<b>STRENGTH &amp; MOVEMENT</b> ● Gentle circuit-style class using weights and mat work to tone the body while working on flexibility and mobility.	
THURSDAY			<b>AEROCIRCUIT</b> ● Popular full-body strength and cardio circuit with weights. Fun music and aerobic-style moves.	<b>TABATA</b> ● Full-body Tabata-style workout with a focus on cardio, strength and toning.
FRIDAY			<b>STRENGTH &amp; MOVEMENT</b> ● Gentle circuit-style class using weights and mat work to tone the body while working on flexibility and mobility.	<b>STRENGTH</b> ● Strength-based combination of slow and fast intervals for a body toning workout, finishing with some mat work.

Bookings are essential



07 5669 2100



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1525 Gold Coast Highway,  
 Palm Beach QLD 4221

**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.



**Queensland Government**