GOLD COAST RECREATION PRECINCT

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

SIGN UP NOW

GROUP FITNESS CLASSES

	6:00 – 6:45 AM	8:00 – 8:45 AM	9:00 – 9:45 AM
MONDAY	**STRONGER ENDURO** ● Test your endurance with a diverse combination of strength and bodyweight work.	**STEPZ CIRCUIT** ● Full-body cardio and strength based circuit using a mix of steps and body weight exercises.	**AEROCIRCUIT** ● Popular full-body strength and cardio circuit with weights. Fun music and aerobic-style moves.
TUESDAY		**TABATA STYLE** ● Full-body Tabata-style workout with a focus on cardio, strength and toning.	**GENTLE MOVES** ● Slow and gentle but challenging movements incorporating deep breathing and balance.
WEDNESDAY	**AEROCIRCUIT** ● Popular full-body strength and cardio circuit with weights. Fun music and aerobic-style moves.	**STRENGTH & MOVEMENT** ● Gentle circuit-style class using weights and mat work to tone the body while working on flexibility and mobility.	**BOXERCISE** ● Fun boxing exercise class with a mix of partnered pad boxing and cardio.
THURSDAY		**AEROCIRCUIT** ● Popular full-body strength and cardio circuit with weights. Fun music and aerobic-style moves.	**TABATA STYLE** ● Full-body Tabata-style workout with a focus on cardio, strength and toning.
FRIDAY	**BOXERCISE** ● Fun boxing exercise class with a mix of partnered pad boxing and cardio.	**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

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Queensland Government