TOWNSVILLE SPORTS PRECINCT

GROUP FITNESS CLASSES

Start time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	STRENGTH	INTERVAL	BOXFIT	STRENGTH	INTERVAL	
6:15 AM	STRENGTH	INTERVAL	STRENGTH	STRENGTH	INTERVAL	
7:15 AM						STRENGTH
8:00 AM						STRENGTH
8:15 AM	STRENGTH	INTERVAL	STRETCH & CORE	STRENGTH	STRETCH & CORE	
9:00 AM	STRENGTH	INTERVAL	BOXFIT	STRENGTH	INTERVAL	INTERVAL
5:30 PM	STRENGTH	INTERVAL	STRENGTH	BOXFIT		

STRENGTH 45 MINS

A full-body workout designed to build strength, suitable for beginners, through to experienced lifters. Learn correct movement patterns and options to suit your capabilities. This session is low impact and perfect for all fitness levels.

STRETCH & CORE 30 MINS

A low impact, low intensity class focused on core strength and mobility, perfect for beginners and experienced exercisers. This class promotes longevity and recovery.

INTERVAL 45 MINS

This session is designed to increase overall fitness using a mix of cardio and strength movements to target your entire body. This session can be adapted to suit all fitness levels.

BOXFIT 45 MINS

A mix of boxing and interval training to improve your cardiovascular fitness, co-ordination, power and agility – all while having fun and burning calories. All equipment provided.

LOW INTENSITY MEDIUM INTENSITY HIGH INTENSITY

C CASUAL ACCESS CLASS ($6.00)

Schedule is subject to change. Bookings are essential.
Please wear enclosed shoes and bring a towel and water bottle.

(07) 4722 5389

tspgym@sport.qld.gov.au

24 Burke St, North Ward,
Townsville 4810

Mon–Fri 5:15 am – 8:00 pm
Saturday 7:00 am – 5:00 pm
Sunday 8:00 am – 1:00 pm

Scan QR code for membership information

www.qld.gov.au/townsville-sportsprecinct

DELIVERING FOR QUEENSLAND

Queensland Government