

SUNSHINE COAST RECREATION PRECINCT GYM AND RECOVERY CENTRE



GROUP FITNESS CLASS TIMETABLE

Start times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am	Lift + Move	HIIT	Lift + Move	HIIT	Lift + Move		
6:00 am	Spin	Spin	Spin	Spin	Spin		
6:15 am	Lift + Move	HIIT	Lift + Move	HIIT	Lift + Move	Super Circuit	
7:15 am							HIIT
7:45 am						HIIT	
8:15 am							Box Fitness
9:15 am	Lift + Move	HIIT	Lift + Move	HIIT	Lift + Move		
10:30 am	Stay Strong, Live Long	Stay Strong, Live Long	Stay Strong, Live Long	Stay Strong, Live Long	Stay Strong, Live Long		
12:30 pm	Box Fitness	HIIT	Box Fitness	HIIT	Box Fitness		
5:00 pm	Lift + Move	HIIT	Lift + Move	HIIT	Lift + Move		
5:15 pm	Spin	Spin	Spin	Spin			
6:00 pm	Lift + Move	HIIT	Lift + Move	HIIT			

LIFT + MOVE 60 MINS

A mix of strength and conditioning using functional exercises, designed to improve strength, endurance and mobility.

HIIT 60 MINS

High-intensity interval training to improve all-round fitness.

BOX FITNESS 45 MINS

High-energy boxing-inspired workouts.

STAY STRONG, LIVE LONG 45 MINS

Low impact strength and balance training to improve mobility and coordination.

SPIN 45 MINS

A high-energy cycling class, designed to improve cardiovascular fitness and leg strength.

SUPER CIRCUIT 60 MINS

Saturday's signature session combining the week's best movements into one high-energy 60-minute workout.

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

BOOKINGS ARE ESSENTIAL

Visit the website or scan the QR code for more information and session bookings:

www.qld.gov.au/SCgym



CONTACT US

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RECOVERY CENTRE SESSION TIMES

Mon-Fri 6:00 am → 11:00 am 12:30 pm → 1:30 pm 4:00 pm → 6:30 pm
Saturday 6:30 am → 8:30 am
Sunday 7:30 am → 9:30 am

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FOR QUEENSLAND**



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