

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	Move	Lift + Move	Move	Lift + Move		
6:00 am		Spin		Spin			
6:15 am	Lift + Move	Lift + Move	Lift + Move	Lift + Move	Lift + Move	Super Circuit	
7:15 am	Stay Strong, Live Long		Stay Strong, Live Long		Stay Strong, Live Long	Move	Move
8:15 am							Box Fitness
9:00 am	Lift + Move		Lift + Move		Lift + Move		
10:30 am							
12:30 pm	Lift		Lift		Lift		
4:30 pm	Lift + Move	Move	Lift + Move	Move	Lift + Move		
5:00 pm	Spin		Spin				
5:30 pm	Lift + Move	Lift + Move	Lift + Move	Lift + Move			

LIFT + MOVE 60 MINS

Get stronger, move better and build confidence. Focused strength and conditioning sessions combining structured programming, quality movement and progressive resistance training for all fitness levels.

MOVE 60 MINS

A dynamic, full-body workout combining strength, cardio and functional movements. Every session is different, with scalable exercises and training options to suit all fitness levels.

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 → 7:00 pm
Saturday	6:30 am → 8:30 am		
Sunday	7:30 am → 9:30 am		

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