

# GROUP FITNESS TIMETABLE SPRING 2017



## GROUP FITNESS - STUDIO 1

TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am	<b>LES MILLS BODYCOMBAT</b> Amy	<b>LES MILLS BODYPUMP</b> Sherrel	<b>LES MILLS BODYATTACK</b> Linda	<b>LES MILLS BODYCOMBAT</b> Tioita	<b>LES MILLS BODYPUMP</b> Nathalie		
6:30am	<b>LES MILLS CXWORX</b> Jade	<b>THE ZUU</b> Kane	<b>LES MILLS BODYPUMP Express</b> Linda	<b>ABT</b> Courtney	<b>GRIT</b>   <b>CARDIO</b> Stacey		
7:00am	<b>GRIT</b>   <b>CARDIO</b> Jade		<b>metafit</b> Karen Capper	<b>GRIT</b>   <b>STRENGTH</b> Courtney	<b>ABT</b> Martell	<b>GRIT</b>   <b>STRENGTH</b> Nicky 6.45am	
7:30am	<b>HEALTHY &amp; ACTIVE</b> Lesley 7:35AM		<b>HEALTHY &amp; ACTIVE</b> Lesley 7:35AM		<b>HEALTHY &amp; ACTIVE</b> Chris 7:35AM	<b>BOXFIT</b> Anil	<b>THE ZUU</b> Kane
8:30am	<b>LES MILLS BODYSTEP CLASSIC</b> Karen Ruttly	<b>LES MILLS BODYPUMP</b> Tioita	<b>LES MILLS BODYPUMP</b> Sandra	<b>GRIT</b>   <b>CARDIO</b> Jade 9.00AM	<b>LES MILLS BODYCOMBAT</b> Cesar	<b>LES MILLS BODYPUMP</b> Jenny	<b>LES MILLS BODYPUMP</b> Amanda
9:30am	<b>LES MILLS BODYPUMP</b> Linda	<b>LES MILLS BODYCOMBAT</b> Tioita	<b>LES MILLS BODYSTEP CLASSIC</b> Nathalie	<b>LES MILLS BODYPUMP</b> Tioita	<b>LES MILLS BODYATTACK</b> Nathalie	<b>LES MILLS BODYCOMBAT</b> Cesar	<b>LES MILLS BODYCOMBAT Express</b> Amanda
10:30am	<b>LES MILLS BODYATTACK Express</b> Nathalie	<b>ABT</b> Martell	<b>LES MILLS SH'BAM</b> Lousie		<b>LES MILLS BODYPUMP</b> Karen Ruttly	<b>LES MILLS BODYATTACK</b> Nicky	
3:30pm						<b>LES MILLS BODYPUMP</b> Nicky	<b>LES MILLS BODYPUMP</b> Kelly
4:00pm	<b>THE ZUU</b> Kane	<b>metafit</b> Nicky					
4:45pm	<b>LES MILLS BODYPUMP</b> Amanda	<b>LES MILLS BODYCOMBAT</b> Nicky	<b>LES MILLS BODYPUMP</b> Sherrel	<b>metafit</b> Karen Capper	<b>THE ZUU</b> Kane		
5:45pm	<b>LES MILLS BODYATTACK</b> Linda	<b>LES MILLS BODYPUMP</b> Louise	<b>LES MILLS BODYATTACK</b> Kylee	<b>LES MILLS BODYCOMBAT</b> Maria	<b>LES MILLS BODYPUMP</b> Louise		
6:45pm	<b>BOXFIT</b> Anil	<b>LES MILLS SH'BAM</b> Louise	<b>LES MILLS BODYCOMBAT</b> Nicky	<b>LES MILLS BODYPUMP</b> Martell			

## CYCLE - STUDIO 2

5:30am		<b>LES MILLS RPM</b> Libby	<b>TOPRIDE</b> Karen Capper	<b>LES MILLS RPM</b> Emma	<b>LES MILLS sprint</b> Karen Capper		
6:00am	<b>LES MILLS sprint</b> Karen Capper						
6:30am		<b>LES MILLS RPM Express</b> Libby					
7:30am						<b>TOPRIDE Performance</b> Karen Capper	
8:30am							<b>LES MILLS RPM</b> Emma
9:30am	<b>LES MILLS RPM</b> Adam	<b>TOPRIDE</b> Karen Capper	<b>LES MILLS sprint</b> Libby	<b>LES MILLS RPM</b> Julia	<b>LES MILLS sprint</b> Samantha		
5:00pm	<b>TOPRIDE</b>		<b>LES MILLS RPM</b> Alex	<b>LES MILLS RPM</b> Alex			
6:00pm		<b>LES MILLS sprint</b> Karen Capper					

## MIND & BODY - STUDIO 3

6:30am	<b>YOGA RESTORATIVE</b> Samantha				<b>YOGA</b> Emmanuelle		
7:30am		<b>YOGA</b> Nalini		<b>YOGA</b> Emmanuelle	<b>PILATES</b> Emmanuelle	<b>YOGA BEGINNERS</b> Lesley	
8:30am	<b>FITBALL</b> Tristan		<b>YOGA BEGINNERS</b> Danielle			<b>FITBALL</b> Lesley	<b>YOGA BEGINNERS</b> Darren
9:30am	<b>PILATES</b> Tristan	<b>LES MILLS BODYBALANCE</b> Kelly	<b>YOGA</b> Danielle	<b>PILATES</b> Alexandra	<b>YOGA BEGINNERS</b> Danielle	<b>YOGA</b> Alexandra	<b>MEDITATION</b> Tristan
10:30am	<b>YOGA</b> Linda	<b>YOGA MEDITATION</b> 10.30am - 12pm Kelly 90min	<b>LES MILLS BODYBALANCE</b> Libby	<b>LES MILLS BODYBALANCE</b> Melinda	<b>YOGA MEDITATION</b> 10.30am - 12 pm Danielle 90min		<b>YOGA</b> Darren
11:30am						<b>YOGA</b> Darren	
5:00pm	<b>ABT</b> Melinda	<b>LES MILLS CXWORX</b> Louise	<b>LES MILLS CXWORX</b> Lisa	<b>ABT</b> Melinda			<b>LES MILLS BODYBALANCE</b> Kelly 4.30PM
5:45pm	<b>LES MILLS BODYBALANCE</b> Melinda	<b>PILATES</b> Alexandra	<b>PILATES</b> Lesley	<b>YOGA</b> Melinda	<b>YOGA RESTORATIVE</b> Angela		
6:45pm	<b>YOGA</b> Darren	<b>YOGA</b> Alexandra	<b>YOGA BEGINNERS</b> Angela				

Please arrive in plenty of time to begin your class. Late arrivals may be refused entry to class

## CLASS DESCRIPTIONS

	<p>High energy, calorie consuming, sports inspired cardio-workout which will push you beyond your limits. Designed to build strength &amp; stamina by incorporating strong, simple moves with powerful music. *Alternative option: 30 min BODYATTACK Express - If you're limited for time then try our 30min express BODYATTACK class! A sports inspired cardio-workout guaranteed to push you to your limits &amp; get results fast!</p>
	<p>Flexibility &amp; strength are built using the best yoga, tai chi &amp; Pilates. This mind &amp; body experience is unique. It focuses on controlled breathing, concentration &amp; stretching which will bring the body into a state of harmony &amp; balance!</p>
	<p>The ultimate workout with martial art, boxing &amp; tai chi inspired fitness class. Unleash yourself in this fiercely energetic but fun non-contact class &amp; fight your way to a new level of fitness! *Alternative option: 30min BODYCOMBAT Express - Bring your best combat attitude &amp; you will leave feeling like a champion!</p>
	<p>The fastest way to burn body fat, tone &amp; condition muscles, using weights that challenge all the major muscle groups. Compelling choreography &amp; pumping music that will inspire you to achieve great results! *Alternative option: 30min BODYPUMP Express - A rapid 30min addictive workout - are you up for the challenge!</p>
	<p>Take on this class with the ultimate high energy cardio blast! Simple movements with an adjustable step that will leave you feeling invigorated &amp; alive! Get into step with the cardio workout that will burn fat!</p>
	<p>Shape up and let out your inner star shine for 45mins of vibrant, unique and serious hot but simple dance moves! Get in the fat burn zone without the "hard work" workout! The ultimate fun way to exercise!</p>
	<p>Combining HIIT, power lifting, plyometrics &amp; the latest strength &amp; conditioning methods, LES Mills Grit Strength will challenge you in just 30min to give you BIG results FAST!</p>
	<p>GRIT Cardio is a high intensity interval training workout that features explosive high impact movements designed to BURN FAT and improve athletic capability!</p>
	<p>Unleash your animal instincts! The ZUU is a 45min workout based on primal movements and animal instincts; it's a combination of body weight exercises, including cardio intervals, strength building and agility exercises. Suitable for all ages &amp; fitness levels.</p>
	<p>Combination of traditional bodyweight exercises with HIIT training techniques to set the metabolism on FIRE! This is a 30min workout with all commands of work/rest intervals to give you quick results.</p>
	<p>A dynamic boxing workout! Boxing technique &amp; circuit drills in a class format. Expect to break a sweat!!! Please bring \$3 for your glove inners. Available from reception.</p>
	<p>Low Impact workouts are gentler on the body, especially our joints, and can be a great way to improve balance, flexibility, endurance and strength, while reducing the risk of injury. These low impact classes are 45mins and offer more individual attention for those that may need it.</p>
	<p>A dynamic and varied 45 min workout combining aerobic moves, muscle conditioning &amp; stretching. A great low impact class for all fitness levels.</p>
	<p>Short, sharp and hugely effective challenging 30 min workout consisting of exercises that isolate muscle groups to tighten &amp; tone the abs &amp; butt, improve functional strength &amp; assist in injury prevention like nothing else.</p>
	<p>ABT - 30min Abs, Butt &amp; Thigh is an intense low impact toning class targeting your core, legs &amp; glutes, to strengthen &amp; improve core stability.</p>
	<p>Unites the body, mind &amp; spirit &amp; can help with align posture &amp; increase range of movement. It increases flexibility, endurance, balance &amp; promotes relaxation from stress. All levels welcome!</p>
	<p>A slow paced, gentle practice focusing on simple postures. Great for people with little or no experience, injuries or rehabilitation.</p>
	<p>Restorative yoga for relaxation and restoration. A beautiful gentle practice characterised by long held postures of a restorative nature. For calm, peace and physical release</p>
	<p>Create core strength &amp; stability. Exercises to build core strength, support lower back &amp; bring flexibility to the spine, hips &amp; shoulders. Suitable for all fitness levels!</p>
	<p>Meditation through the elements of mindfulness: breath, sound, body, story, mind, spirit and fusing the awareness with attitudes of mindfulness. Tap into your body's own healing resources and realize that you have a unique creativity just waiting to be cultivated!</p>
	<p>A 90min class composed of Yoga movement to balance &amp; align posture, followed by a Mindful Meditation to unite Body and Mind together.</p>
	<p>The ultimate ride! A safe, motivational, cardio blast designed to get you into the zone ....FAST!!! Sweat your way through an inspirational challenge that is totally addictive that will get your pulse racing! *Alternative option: 30min RPM Express - High intensity workout! This class will get you results fast and make you ride hard!</p>
	<p>In just 30min SPRINT will challenge your physical and mental limits. A quick HIIT style of training that returns rapid results with minimal joint impact, pushing through bursts of intensity working as hard as possible, then prepare for the next effort during short periods of rest. Burning calories for hours after stepping off the bike.</p>
	<p>Not just another choreographed class! Three rides. Three Journeys. Three challenges. Experience a full 50min class of speed, climbing or full day, where both speed and climbing are put together. *Alternative option: 1hr Performance</p>

Located at the Southport Sharks on the corner of Musgrave and Olsen Avenues  
Ph. 07 5591 5800 Email: [sharksfitness@southportsharks.com.au](mailto:sharksfitness@southportsharks.com.au)

### Trading hours

Mon - Fri 5am - 9pm

Saturday 6am - 6pm

Sunday 7am - 6pm

### Crèche hours

Mon - Fri 9.00am - 11.45am

Crèche passes available from

reception for bookings

**COMPLEMENT YOUR TRAINING WITH A SSH+P PERSONAL TRAINER.**

**See Reception for more details today!**