

QUEENS BIRTHDAY WEEK

Mon 2nd Oct to Sun 8th Oct



GROUP FITNESS - STUDIO 1

TIME	Mon 2 nd Oct	Tues 3 rd Oct	Wed 4 th Oct	Thu 5 th Oct	Fri 6 th Oct	Sat 7 th Oct	Sun 8 th Oct
5:30am	CLASS REMOVED	LES MILLS BODYPUMP Sherrel	LES MILLS BODYATTACK Linda	LES MILLS BODYCOMBAT Tioita	LES MILLS BODYPUMP Nathalie		
6:30am	LES MILLS CXWORX Jade	THE ZUU Kane	LES MILLS BODYPUMP Express Linda	ABT Courtney	GRIT CARDIO Stacey		
7:00am	GRIT CARDIO Jade		metafit Karen Capper	LES MILLS GRIT STRENGTH Courtney	ABT Martell	LES MILLS GRIT STRENGTH Nicky 6.45am	
7:30am	HEALTHY & ACTIVE Lesley 7:35AM		HEALTHY & ACTIVE Lesley 7:35AM		HEALTHY & ACTIVE Chris 7:35AM	BOXFIT Anil	THE ZUU Kane
8:30am	LES MILLS BODYSTEP CLASSIC Karen Ruttly	LES MILLS BODYPUMP Tioita	LES MILLS BODYPUMP Sandra	LES MILLS GRIT CARDIO Jade 9.00AM	LES MILLS BODYCOMBAT Cesar	LES MILLS BODYPUMP Jenny	LES MILLS BODYPUMP Amanda
9:30am	LES MILLS BODYPUMP Linda	LES MILLS BODYCOMBAT Tioita	LES MILLS BODYSTEP CLASSIC Nathalie	LES MILLS BODYPUMP Tioita	LES MILLS BODYATTACK Nathalie	LES MILLS BODYCOMBAT Cesar	LES MILLS BODYCOMBAT Express Amanda
10:30am	LES MILLS BODYATTACK Express Nathalie	ABT Martell	LES MILLS SH'BAM Lousie		LES MILLS BODYPUMP Karen Ruttly	LES MILLS BODYATTACK Nicky	
3:30pm						LES MILLS BODYPUMP Nicky	LES MILLS BODYPUMP Kelly
4:00pm	CLASS REMOVED	metafit Nicky					
4:45pm	LES MILLS BODYPUMP Amanda	LES MILLS BODYCOMBAT Nicky	LES MILLS BODYPUMP Sherrel	metafit Karen Capper	THE ZUU Kane		
5:45pm	LES MILLS BODYATTACK Linda	LES MILLS BODYPUMP Louise	LES MILLS BODYATTACK Kylee	LES MILLS BODYCOMBAT Maria	LES MILLS BODYPUMP Louise		
6:45pm	CLASS REMOVED	LES MILLS SH'BAM Louise	LES MILLS BODYCOMBAT Nicky	LES MILLS BODYPUMP Martell			

CYCLE - STUDIO 2

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

MIND & BODY - STUDIO 3

6:30am	CLASS REMOVED				YOGA Emmanuelle		
7:30am		YOGA Nalini		YOGA Emmanuelle	PILATES Emmanuelle	YOGA BEGINNERS Lesley	
8:30am	FITBALL Tristan		YOGA BEGINNERS Danielle			FITBALL Lesley	YOGA BEGINNERS Darren
9:30am	PILATES Tristan	LES MILLS BODYBALANCE Kelly	YOGA Danielle	PILATES Alexandra	YOGA BEGINNERS Danielle	YOGA Alexandra	MEDITATION Tristan
10:30am	YOGA Linda	YOGA MEDITATION 10.30am - 12pm Kelly 90min	LES MILLS BODYBALANCE Libby	LES MILLS BODYBALANCE Melinda	YOGA MEDITATION 10.30am - 12 pm Danielle 90min		YOGA Darren
11:30am							
3:30pm						YOGA Darren	
5:00pm	ABT Melinda	LES MILLS CXWORX Louise	LES MILLS CXWORX Lisa	ABT Melinda			LES MILLS BODYBALANCE Kelly 4.30PM
5:45pm	LES MILLS BODYBALANCE Melinda	PILATES Alexandra	PILATES Lesley	YOGA Melinda	YOGA RESTORATIVE Angela		
6:45pm	CLASS REMOVED	YOGA Alexandra	YOGA BEGINNERS 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 & 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 & get results fast!</p>
	<p>Flexibility & strength are built using the best yoga, tai chi & Pilates. This mind & body experience is unique. It focuses on controlled breathing, concentration & stretching which will bring the body into a state of harmony & balance!</p>
	<p>The ultimate workout with martial art, boxing & tai chi inspired fitness class. Unleash yourself in this fiercely energetic but fun non-contact class & fight your way to a new level of fitness! *Alternative option: 30min BODYCOMBAT Express - Bring your best combat attitude & you will leave feeling like a champion!</p>
	<p>The fastest way to burn body fat, tone & condition muscles, using weights that challenge all the major muscle groups. Compelling choreography & 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 & 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 & the latest strength & 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 & 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 & 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 & 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 & tone the abs & butt, improve functional strength & assist in injury prevention like nothing else.</p>
	<p>ABT - 30min Abs, Butt & Thigh is an intense low impact toning class targeting your core, legs & glutes, to strengthen & improve core stability.</p>
	<p>Unites the body, mind & spirit & can help with align posture & increase range of movement. It increases flexibility, endurance, balance & 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 & stability. Exercises to build core strength, support lower back & bring flexibility to the spine, hips & 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 & 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 zoneFAST!!! 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

Trading hours

Mon - Fri 5am - 9pm

Saturday 6am - 6pm

Sunday 7am - 6pm

COMPLEMENT YOUR TRAINING WITH A SSH+P PERSONAL TRAINER.

See Reception for more details today!

Crèche hours

Mon - Fri 9.00am - 11.45am

Crèche passes available from

reception for bookings