

GROUP FITNESS TIMETABLE WINTER 2017

GROUP FITNESS - STUDIO 1

TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am	LES MILLS BODYCOMBAT Amy	LES MILLS BODYPUMP Sherrel	LES MILLS BODYATTACK Linda	LES MILLS BODYCOMBAT Tioita	LES MILLS BODYPUMP Nathalie		
6:30am	CXWORX Jade	THE ZUU Kane	LES MILLS BODYPUMP <small>express</small> Linda	ABT Courtney	GRIT CARDIO Stacey		
7:00am	GRIT CARDIO Jade		metafit Karen Capper	GRIT STRENGTH Courtney	ABT Martell	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 Karen Rutty	LES MILLS BODYPUMP Tioita	LES MILLS BODYPUMP Sandra	GRIT CARDIO Jade 9.00AM	LES MILLS BODYCOMBAT Cesar	LES MILLS BODYPUMP Jenny	LES MILLS BODYPUMP Amanda H
9:30am	LES MILLS BODYPUMP Linda	LES MILLS BODYCOMBAT Tioita	LES MILLS BODYSTEP Nathalie	LES MILLS BODYPUMP Tioita	LES MILLS BODYATTACK Nathalie	LES MILLS BODYCOMBAT Cesar	LES MILLS BODYCOMBAT <small>express</small> Amanda H
10.30am	LES MILLS BODYATTACK <small>EXPRESS</small> Nathalie	ABT Martell	SH'BAM Louise		LES MILLS BODYPUMP Karen Rutty	LES MILLS BODYATTACK Nicky	
3:30pm						LES MILLS BODYPUMP Nicky	LES MILLS BODYPUMP Kelly
4.00pm	THE ZUU Kane	metafit Nicky					
4:45pm	LES MILLS BODYPUMP Amanda H	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	BOXFIT Anil	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 <small>EXPRESS</small> 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 Neil		
5.00pm	TOPRIDE Karen Capper		LES MILLS RPM Alex	LES MILLS RPM Alex			
6.00pm		LES MILLS sprint					

MIND & BODY - STUDIO 3

6:30am	YOGA RESTORATIVE Samantha				YOGA Emmanuelle		
7:30am		YOGA Kimmy NEW		YOGA Emmanuelle	PILATES Emmanuelle	YOGA BEGINNERS Lesley	
8:30am	FITBALL Kimmy		YOGA BEGINNERS Danielle			FITBALL Lesley	YOGA BEGINNERS Darren
9:30am	PILATES Kimmy	LES MILLS BODYBALANCE Kelly	YOGA Danielle	PILATES Alexandra	YOGA BEGINNERS Danielle	YOGA Alexandra	MEDITATION Tristan
10:30am	YOGA Kimmy	YOGA MEDITATION 10.30am - 12pm Kelly 90min	LES MILLS BODYBALANCE Libby	LES MILLS BODYBALANCE Melinda	YOGA MEDITATION 10.30am - 12pm Danielle 90min		YOGA Darren
11:30am							
3:30pm						YOGA Darren	
5:00pm	ABT Melinda	CXWORX Louise	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	YOGA Darren	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

	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.
	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!
	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!
	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!
	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!
	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!
	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!
	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!
	GRIT Cardio is a high intensity interval training workout that features explosive high impact movements designed to BURN FAT and improve athletic capability!
	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.
	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.
BOXFIT	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.
	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.
	A dynamic and varied 45 min workout combining aerobic moves, muscle conditioning & stretching. A great low impact class for all fitness levels.
	Short, sharp and hugely effective challenging 30 minute workout consisting of exercises that isolate muscle groups to tighten & tone the abs & butt, improve functional strength & assist in injury prevention like nothing else.
	ABT - 30min Abs, Butt & Thigh is an intense low impact toning class targeting your core, legs & glutes, to strengthen & improve core stability.
	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!
	A slow paced, gentle practice focusing on simple postures. Great for people with little or no experience, injuries or rehabilitation.
	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
	Create core strength & stability. Exercises to build core strength, support lower back & bring flexibility to the spine, hips & shoulders. Suitable for all fitness levels!
	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!
	A 90min class composed of Yoga movement to balance & align posture, followed by a Mindful Meditation to unite Body and Mind together.
	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!
	High intensity 30 minute workout! This class will get you results fast and make you ride hard!
	Ride for an hour to the rhythm of powerful tunes with an inspiring pack leader. This class will push your limits and feed your taste for MORE! The athlete within comes alive through this Performance ride!
	In just 30-minutes 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.
	Not just another choreographed class! Three rides. Three Journeys. Three challenges. Experience a full class of speed, climbing or full day, where both speed and climbing are put together.

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

Crèche hours

Mon - Fri 9.00am - 11.45am
 Crèche passes available from
 reception for bookings

COMPLEMENT YOUR TRAINING WITH A SSH+F PERSONAL TRAINER.

See Reception for more details today!