

# GROUP FITNESS TIMETABLE

Starting Wednesday 17th January

MAIN STUDIO 1 | OUTDOOR | GYM FLOOR

| TIME     | MON   | TUES                           | WED                                       | THURS                          | FRI                          | SAT                            | SUN                                       |
|----------|---|--------------------------------|---|--------------------------------|------------------------------|--------------------------------|---|
| 5.30 AM  |   | LES MILLS<br><b>BODYPUMP</b>   | LES MILLS<br><b>BODYCOMBAT</b><br>EXPRESS | <b>HIIT 30</b>                 | LES MILLS<br><b>BODYPUMP</b> |                                |   |
| 6.00 AM  | <b>BURN 30</b><br>6.15 AM                   | OUTDOOR<br><b>WARRIORS</b>     | LES MILLS<br><b>BODYPUMP</b>              | <b>TOTAL ABS</b>               |                              |                                |   |
| 6.30 AM  |   |                                | <b>FLEX 30</b>                            | OUTDOOR<br><b>WARRIORS</b>     | <b>BOOTY X</b>               | <b>BURN 30</b><br>6.45 AM      |   |
| 7.30 AM  | HEALTHY +<br><b>ACTIVE</b>                  |                                | HEALTHY +<br><b>ACTIVE</b>                |                                | HEALTHY +<br><b>ACTIVE</b>   | <b>UC30</b>                    |   |
| 8.30 AM  | LES MILLS<br><b>BODYSTEP</b>                | LES MILLS<br><b>BODYPUMP</b>   | STRONG<br>NATION                          | LES MILLS<br><b>BODYPUMP</b>   | STRONG<br>NATION             | LES MILLS<br><b>BODYPUMP</b>   | LES MILLS<br><b>BODYPUMP</b>              |
| 9.30 AM  | LES MILLS<br><b>BODYPUMP</b><br><b>UC30</b> | LES MILLS<br><b>BODYCOMBAT</b> | LES MILLS<br><b>BODYPUMP</b><br>STRONG30  | LES MILLS<br><b>BODYCOMBAT</b> | <b>ZUMBA</b><br><b>UC30</b>  | LES MILLS<br><b>BODYCOMBAT</b> | LES MILLS<br><b>BODYCOMBAT</b><br>EXPRESS |
| 10.30 AM |   |                                | <b>ZUMBA</b>                              |                                |                              | <b>ZUMBA</b>                   |   |
| 4.00 PM  | <b>BURN 30</b>                              | <b>HIIT 30</b>                 |   | STRONG30                       |                              |                                |   |
| 4.45 PM  | LES MILLS<br><b>BODYPUMP</b>                | LES MILLS<br><b>BODYCOMBAT</b> | LES MILLS<br><b>BODYPUMP</b>              |                                | OUTDOOR<br><b>WARRIORS</b>   |                                |   |
| 5.00 PM  | OUTDOOR<br><b>WARRIORS</b>                  | STRONG30                       | OUTDOOR<br><b>WARRIORS</b>                |                                |                              |                                |   |
| 5.45 PM  | LES MILLS<br><b>BODYATTACK</b><br>EXPRESS   | LES MILLS<br><b>BODYPUMP</b>   | LES MILLS<br><b>BODYATTACK</b>            | LES MILLS<br><b>BODYSTEP</b>   |                              |                                |   |
| 6.45 PM  |   | <b>ZUMBA</b>                   | <b>UC30</b>                               | LES MILLS<br><b>BODYPUMP</b>   |                              |                                |   |

CYCLE STUDIO 2


|         |                            |   |                            |                         |   |                         |                         |
|---------|----------------------------|---|----------------------------|-------------------------|---|-------------------------|-------------------------|
| 5.30 AM | LES MILLS<br><b>sprint</b> | LES MILLS<br><b>RPM</b>   | LES MILLS<br><b>RPM</b>    |                         | LES MILLS<br><b>sprint</b>  |                         |                         |
| 7.30 AM |                            |   |                            |                         |   | LES MILLS<br><b>RPM</b> |                         |
| 8.30 AM |                            |   |                            |                         |   |                         | LES MILLS<br><b>RPM</b> |
| 9.30 AM | LES MILLS<br><b>RPM</b>    | LES MILLS<br><b>RPM</b>   | LES MILLS<br><b>sprint</b> | LES MILLS<br><b>RPM</b> |  |                         |                         |
| 4.45 PM |                            |   | LES MILLS<br><b>sprint</b> |                         |   |                         |                         |
| 5.45 PM | LES MILLS<br><b>sprint</b> |  |                            |                         |   |                         |                         |

MIND & BODY STUDIO 3

|          |                                 |                                 |                          |                          |                            |                          |                          |
|----------|---------------------------------|---------------------------------|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|
| 6.30 AM  |                                 | <b>YOGA</b>                     |                          |                          | <b>YOGA</b>                |                          |                          |
| 7.30 AM  |                                 |                                 |                          |                          |                            | BEGINNERS<br><b>YOGA</b> |                          |
| 8.30 AM  | RESTORATIVE<br><b>YOGA</b>      |                                 | BEGINNERS<br><b>YOGA</b> |                          |                            | <b>YOGA</b>              | BEGINNERS<br><b>YOGA</b> |
| 9.30 AM  | <b>PILATES</b>                  | LES MILLS<br><b>BODYBALANCE</b> | <b>YOGA</b>              | <b>PILATES</b>           | BEGINNERS<br><b>YOGA</b>   |                          | <b>YOGA</b>              |
| 10.30 AM | <b>YOGA</b>                     | BEGINNERS<br><b>YOGA</b>        | <b>PILATES</b>           |                          | <b>YOGA</b>                |                          |                          |
| 3.45 PM  |                                 |                                 |                          |                          |                            |                          |                          |
| 4.45 PM  |                                 |                                 | <b>YOGA</b>              | BEGINNERS<br><b>YOGA</b> |                            |                          |                          |
| 5.00 PM  | <b>BOOTY X</b>                  |                                 |                          |                          |                            |                          |                          |
| 5.45 PM  | LES MILLS<br><b>BODYBALANCE</b> | <b>PILATES</b>                  | <b>YOGA</b>              | <b>PILATES</b>           | RESTORATIVE<br><b>YOGA</b> |                          |                          |
| 6.45 PM  |                                 |                                 |                          |                          |                            |                          |                          |

# CLASS DESCRIPTIONS

|   |   |
|---|---|
| <b>LES MILLS</b><br><b>BODYATTACK</b>   | <p><b>55 MINS</b> - 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.</p> <p><b>*30 MINS BODYATTACK Express</b> - If you are limited for time then try our 30min express BODYATTACK class! A sport's inspired cardio workout guaranteed to push you to your limits &amp; get results fast! <b>45mins or 30mins.</b></p>  |
| <b>LES MILLS</b><br><b>BODYBALANCE</b>  | <p><b>55 MINS</b> - 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>   |
| <b>LES MILLS</b><br><b>BODYCOMBAT</b>   | <p><b>55 MINS</b> - 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!</p> <p><b>* 30 MINS BODYCOMBAT Express</b> – Bring your best combat attitude &amp; you will leave feeling like a champion!</p>  |
| <b>LES MILLS</b><br><b>BODYPUMP</b>     | <p><b>55 MINS</b> - 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!</p>   |
| <b>LES MILLS</b><br><b>BODYSTEP</b>     | <p><b>55 MINS</b> - 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>  |
| <b>ZUMBA</b>                            | <p><b>45 MINS</b> - Shape up and let out your inner star shine with vibrant, unique, and seriously hot but simple dance moves! Get in the fat burn zone without the “hard work” workout! The ultimate fun way to exercise!</p>  |
| <b>STRONG</b><br><small>NATION™</small> | <p><b>45 MINS</b> - A total body workout that will give you the confidence to get up &amp; get moving. High energy routine will tone every muscle group with great workout combinations. This class is for all fitness levels!</p>  |
| <b>LES MILLS</b><br><b>GRIT</b>         | <p><b>GRIT Strength - 30 MINS</b>   Combining HIIT, powerlifting, 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><b>GRIT Cardio - 30 MINS</b>   A high-intensity interval training workout that features explosive high-impact movements designed to BURN FAT and improve athletic capability!</p> <p><b>GRIT Athletic - 30 MINS</b>   incorporates speed, strength, agility, and explosive power to enhance your athletic performance. Grit Athletic uses a bench &amp; weight plate combined with bodyweight exercises and other multi-dimensional sports conditioning training.</p> |
| <b>HIIT 30</b>                          | <p><b>30 MINS</b> - 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>  |
| <b>BURN 30</b>                          | <p><b>30 MINS</b> - A high intensity interval training session like no other. Designed to add new challenges to your workout and increase endurance, our Burn 30 takes cardio to the next level.</p>  |
| <b>HEALTHY +</b><br><b>ACTIVE</b>       | <p><b>45 MINS</b> - 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>   |
| <b>YOGA</b>                             | <p><b>Restorative Yoga - 55 MINS</b>   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><b>Beginners Yoga - 55 MINS</b>   A slow-paced, gentle practice focusing on simple postures. Great for people with little or no experience, injuries, or rehabilitation.</p> <p><b>Yoga general - 55 MINS</b>   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>  |

|  |   |
|--|---|
| <b>TOTAL ABS</b>   | <b>30 MINS</b> - A 30min core blasting workout for all levels that focus on toning and defining your abdominals. If you are looking to strengthen & improve core stability, this class is for YOU!  |
| <b>BOOTY X</b>   | <b>30 MINS</b> - This 30min workout is guaranteed to sculpt and tone your glutes! This is a fun and energetic workout designed to get your BOOTY in shape!  |
| <b>PILATES</b>   | <b>55 MINS</b> - Create core strength & stability. Exercises to build core strength, support lower back & bring flexibility to the spine, hips & shoulders. Suitable for all fitness levels!  |
| <b>FLEX 30<br/>FLEX 40</b>   | <b>30 or 40 MINS</b> - Each stretch class will focus on areas of the body with a few selected exercises allowing the mind to entirely focus on each movement. Stretching exercises can prevent injuries, relieves tension, improves alignment and other benefits. These classes are designed for all fitness levels and all members are encouraged to join in, before or after your Group Fitness Class or Gym Floor workout! |
| <b>LES MILLS<br/>RPM</b>   | <b>45 MINS</b> - 2x program options to choose from to get "The ultimate ride! <b>LES MILLS RPM</b> or <b>CYCLE</b> . 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!  |
|  | <b>30 MINS</b> - 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.  |
| <b>UC30</b>  | <b>30 MINS</b> - A combination of exercises to get your heart pounding, blood pumping and muscles working. Be prepared to work hard & reach your targets! <b>*Class held on BLUE TURF - GYM FLOOR</b>   |
| <b>STRONG30</b>  | <b>30 MINS</b> - Combining strength-based exercises to get you strong! Guaranteed to push your performance to get results quick! This class caters for all fitness levels, are you up for a challenge?<br><b>*Class held on BLUE TURF - GYM FLOOR</b>   |
| <b>OUTDOOR<br/>WARRIORS</b>  | <b>30 MINS</b> - A form of body conditioning to increase strength, agility, speed and explosive power. Through a variety of outdoor exercises you will see big results & have fun in just 30mins, What are you waiting for? Are you ready? <b>*Class held OUTDOORS</b>  |

#### TRADING HOURS

**Mon – Fri** 5am – 8pm | **Saturday** 6am – 4pm | **Sunday** 8am – 12pm

#### BOOKINGS ARE ESSENTIAL

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

Visit [southportsharks.com.au/fitness-centre/](https://southportsharks.com.au/fitness-centre/) for further info.

# REFORMER PILATES TIMETABLE

|                 | TIME     | MON               | TUES              | WED           | THURS              | FRI                | SAT           | SUN |
|-----------------|----------|-------------------|-------------------|---------------|--------------------|--------------------|---------------|-----|
| REFORMER STUDIO | 5.30 AM  |                   | STRENGTH          | HYBRID        | MOVEMENT           |                    |               |     |
|                 | 6.30 AM  | MOVEMENT          | STRENGTH          | HYBRID        | MOVEMENT           |                    |               |     |
|                 | 7.30 AM  | CORE & LOWER BODY |                   |               |                    |                    | MOVEMENT      |     |
|                 | 8.30 AM  |                   | CORE & LOWER BODY |               | HYBRID             |                    | STRENGTH      |     |
|                 | 9.30 AM  |                   | CORE & LOWER BODY | JUMP/MOVEMENT | STRENGTH           | MOVEMENT           | JUMP/MOVEMENT |     |
|                 | 10.30 AM | MOVEMENT          |                   | MOVEMENT      |                    | STRETCH & RECOVERY |               |     |
|                 | 4.30 PM  | HYBRID            | STRENGTH          |               | MOVEMENT           |                    |               |     |
|                 | 5.30 PM  | STRENGTH          | MOVEMENT          |               | STRETCH & RECOVERY |                    |               |     |

## CLASS DESCRIPTION

|                          |  |
|--------------------------|--|
| MOVEMENT                 | <b>55 MINS</b> - A wonderful workout introduction to reformers. Balance, alignment, core strength and muscle tone are all worked on while using the Pilates Reformer equipment. Your unique strength and flexibility are accommodated by the reformer machine. An excellent class for beginners, intermediates and experts.              |
| STRENGTH                 | <b>55 MINS</b> - Strength Pilates is a form of strength training that incorporates resistance training through body weight and other equipment such as small weights. Heavy springs, dumbbells & time under tension help build muscular strength stability, and endurance.   |
| JUMP/MOVEMENT            | <b>55 MINS</b> - Incorporating the Reformer jump board with movement, increases muscular endurance and strength. The Jump/Movement program also aids in rehabilitation, and enhances balance and motor coordination. Jump/Movement is a fantastic cardio exercise that will make your heart race.  |
| CORE & LOWER BODY SCULPT | <b>55 MINS</b> - Excellent for strengthening the abdominal area and booty. This class, in turn, improves one's power as well as their strength, flexibility, and overall effectiveness.  |
| HYBRID                   | <b>55 MINS</b> - A workout that combines Reformer Pilates and strength training in the same session, which is an efficient way to boost your fitness, strength, and heart health all at the same time. A practice that combines Pilates actions that get your heart rate up with routines that are great for strengthening your muscles. |
| STRETCH/RECOVERY         | <b>55 MINS</b> - Lengthen and mobilise your muscles and joints using the reformer resistance. Stretching is a perfect way to reduce tight & tense muscles, increases flexibility and aids in recovery.   |

### TRADING HOURS

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### BOOKINGS ARE ESSENTIAL

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REFORMER  
PILATES