

Group Fitness + Yoga

Week May 5th – May 11th



	6.15am	9.00am	10.30am	5.00pm	6.00pm
MON	Pilates 45 min Claire	HIIT 45 mins Claire	Core Pilates 30 mins Claire	Recovery Yoga 90 min Fabi	
TUE	HIIT Step 45 min Jen	Pilates 45 min Paula	Strength 45 min Emma	Circuit 45 min Emma	RPM 30 min Virtual
WED	Body Pump 45 min Ricki	RPM 45 min Virtual	Body Combat 45 min Virtual	Hatha Yoga 45 min Paula	Foam Roller 30 min Jen
THUR	Boxing 45 min Emma	Vinyasa Yoga 45 min Paula	HIIT Step 45 min Jen	Pilates 45 min Paula	RPM 30 min Virtual
FRI	Grit 45 min Ricki	Body Pump 45 min Virtual	Foam Roller 30 min Jen	HIIT 45 min Katie	Pilates 30 min Katie
SAT		Boxing 45 min Emma	Vinyasa Yoga 60 min Paula		
SUN		HIIT 45 min Emma	Pilates 45 min Paula		

Reception - (07) 4946 8590

Monday - Friday: 6.00am – 6.30pm

Saturday - Sunday: 8.00am – 4.00pm

CLASS DESCRIPTIONS

Booty Burner	This 30-minute blast is designed to set your glutes on fire! Using a combination of resistance bands, sliders, and light weights, this high-energy class will tone, sculpt, and leave your booty feeling the burn like never before.
Boxing	Punch your way to fitness in this high-intensity cardio workout. Learn proper boxing techniques while performing conditioning drills that boost your cardiovascular fitness, agility, and overall strength.
Circuit	Jump from station to station in this dynamic full-body workout. Each exercise targets different muscle groups, blending strength and cardio for a high-intensity, energizing session. Perfect for those who love variety and challenge!
Core Crush	Short, sweet and intense. Your journey to a stronger core starts here. In this 30-minute class, you'll focus on strengthening your abs, back, and obliques with thoughtful, low-impact exercises. Each movement is designed to tone and stabilise your midsection, helping you feel balanced, strong, and supported from the inside out. Perfect for all fitness levels.
Foam Roller	Unwind and rejuvenate with our Foam Roller Class, a perfect blend of self-massage, myofascial release, and gentle stretching. This class caters to all fitness levels and anyone looking to alleviate muscle tension.
HIIT (High-Intensity Interval Training)	Experience the ultimate calorie burn with HIIT! Short, explosive bursts of exercise followed by quick recovery periods make this a full-body workout that gets your heart pumping and your endurance skyrocketing
Les Mills Body Pump	Dive into a full-body strength workout! Using light to moderate weights and high repetitions, this class is designed to tone and shape your entire body. You'll work all major muscle groups and improve bone health, all while enjoying motivating music and virtual coaching.
Les Mills RPM	Gear up for an exhilarating indoor cycling experience! This high-energy class simulates hill climbs, sprints, and flat riding, all set to great music. You control your own resistance levels and speed, making it a fun, low-impact workout that boosts your aerobic fitness and burns up to 500 calories per session led by virtual instructors.
Pilates	Centre yourself with Pilates, a class that emphasizes core strength, flexibility, and overall body alignment. Controlled movements and breathing techniques improve muscle tone and balance, leaving you feeling strong and refreshed.
S&C	Beginning with targeted strength training to build power and perfect your technique, then dive into a high-energy conditioning segment to boost endurance, burn calories and push your limits. This class will help you feel stronger and achieve peak performance through functional, well-rounded training
Step	Step into a high-energy cardio party! This class uses a raised platform for choreographed routines that boost your cardiovascular fitness and coordination. Plus, it incorporates lower body muscle conditioning to keep you strong and fit.
Strength	Time to lift heavy and push your limits! This class focuses on building muscle through weightlifting and resistance exercises, using dumbbells, barbells, and

	resistance bands. With little to no cardio, it's all about gaining strength in a controlled, supportive environment
Tone and Tighten	Get ready to sculpt and define with this low-impact class that combines bodyweight moves and hand weights to tone your muscles and tighten your core. Each session targets three specific areas, this class is guaranteed to leave you with a satisfying ache and a sense of accomplishment.
Yoga	Find your Zen with Yoga, a mind-body workout that combines physical postures, breathing exercises, and meditation. Whether you're looking to improve flexibility, build strength, or relax and clear your mind, there's a style of yoga for you.

Booking Information

Hotel Guests

- Live classes - \$20.00
- Virtual classes, Spa & Sauna, Gym floor all Complimentary upon presentation of room key
Please note: Room key must be presented every entry for hotel benefits.

Non-hotel guests:

- Single all access pass (live and virtual classes, gym, spa and sauna) \$26.00
- Spa & Sauna \$20.00
- All day pass: \$37.00
- All access 5 visit pass: \$105.00
- All access 10 visit pass: \$180.00

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- Bookings are essential - bookings cannot be made without payment or membership
 - To book, call (07) 4946 8590 or visit the Sports Club during operational hours
 - Guests and members who have not booked will only be accepted if space is available
 - Please arrive 10 minutes prior to class start time
 - Locations and class sizes may vary to adhere to social distancing guidelines. Please do not participate in classes if you feel unwell or are showing any flu like symptoms
 - **Strict age restrictions apply. No children under the age of 14 is to enter the Sports Club.**
 - Children aged 14 and 15 must have a parent sign a waiver for their gym access and be always accompanied by a parent or guardian
 - Children aged 16 & 17 must have a parent sign a waiver for their gym access

