



CQUNI COMMUNITY SPORTS CENTRE

GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
5:30am – 6:15am	POWER UP	SUPERSWEAT	TABATA	STRONG	SCULPT		
6:30am – 7:00am	EXPRESS POWER UP	EXPRESS SUPERSWEAT	EXPRESS TABATA	EXPRESS STRONG	EXPRESS BOX & BLAST		
7:30am – 8:20am	EXPRESS SENIOR STEP	SENIOR CORDIO & BALANCE	SENIOR STRONG	SENIOR FIT	SENIOR ADV STRENGTH	7:30am – 8:15am	CONDITION
8:30am – 9:20am	EXPRESS SENIOR SCULPT	SENIOR CORDIO & BALANCE	SENIOR STRONG	SENIOR FIT	SENIOR ADV STRENGTH		
						9:00am – 10:30am	YOGA FLOW
12:15pm – 12:45pm	EXPRESS POWER UP	EXPRESS SUPERSWEAT	EXPRESS TABATA	EXPRESS STRONG	EXPRESS SCULPT		
5:00pm – 5:30pm	EXPRESS BOX & BLAST	EXPRESS SUPERSWEAT	EXPRESS TABATA	EXPRESS STRONG			
5:35pm – 6:20pm	POWER UP	SUPERSWEAT	TABATA	STRONG			

WORKOUT DESCRIPTIONS

BOX & BLAST: A high energy class comprised of boxing drills and bodyweight exercises. Don't have a partner? No worries! We will set you up with a boxing buddy. All equipment is provided.

CONDITION: A fun-filled session to spice up your weekend. Expect teamwork, games, and challenges!

POWER UP: A high intensity session aimed at developing your strength and power. Expect to be challenged with lifts, dynamic athletic movements, and bursts of cardiovascular efforts. Our coaches can scale movements to suit your needs, so come along no matter your training level.

SCULPT: A Pilates-inspired session that focuses on postural alignment, core activation, and toning the entire body.

STRETCH & FLEX: Wind down with a juicy stretching and mobility session aimed at restoring balance to your body.

STRONG: Applying progressive overload and functional strength methods, this class will help you build lean muscle, feel stronger and move better. The best part? No running or jumping required!

SUPERSWEAT: Not for the faint-hearted! A high-cardio, bodyweight session that aims to increase your heart rate and burn calories.

TABATA: This class is perfect for everyone! Short bursts of exercise with recovery periods allows you to control the intensity of your workout. The mix of cardio and functional strength exercises will challenge you, and our coaches will ensure you are training to your full potential.

YOGA FLOW: A gentle yoga session designed to de-stress the body and mind. Improve your flexibility, balance, and coordination. Optional: 30 minutes of relaxation meditation following the main yoga session.

EXPRESS CLASSES: A 30-minute workout option for the busy member with a tight schedule. Get in, train hard, and get out!

SENIOR ADV STRENGTH: Learn how to use free weights and develop strength by participating in this controlled class. *Capped at 10 people.*

SENIOR BOXFIT (EXPRESS): Buddy up for an express workout involving shadow boxing, teamwork, games, and bursts of body weight exercises.

SENIOR CORDIO & BALANCE: A combination of cardio, balance and core exercises that are designed to improve stability, control, and quality of life.

SENIOR FIT: A low impact fitness class utilising free weights, fit-balls, spin bikes and more!

SENIOR SCULPT (EXPRESS): A Pilates-inspired session that focuses on postural alignment, core activation, and toning the entire body.

SENIOR STEP (EXPRESS): Step to the beat of the music with a choreographed aerobics class. A fun way to enjoy fitness and make friends.

SENIOR STRONG: Learn how to use weight machines and develop strength by participating in this controlled class. *Capped at 20 people.*



**BOOKINGS
REQUIRED
FOR CLASSES**

GYM HOURS

- Monday to Friday: 5:00am – 8:00pm
- Saturday: 7:30am – 12:00pm
- Sunday and Public Holidays: Closed



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