

GOODLIFE GYM CLASSES

Duration of class varies, see reverse for details.

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00	PUMP Function Room Marcus	HIIT Function Room Vitor	BOOTCAMP Stadium Marcus	STRETCH Funct Room Tracy	TRX Circuit Stad Marcus	HIIT Function Room Marcus
7.15						BOOT CAMP Stadium Vitor
8.15	ABT Function Room Marcus	ABT Function R. Vitor	ZUMBA GOLD Stad Fleur	STRENGTH FOR LIFE Function Room Nadine	PILATES Function Room Tracy	ZUMBA Function Room Kim
9.15	CoreFLOW Function Room Kate	STRENGTH FOR LIFE Function Room Shane	CIRCUIT Function Room Nadine	PUMP Function Room Tracy	CoreFLOW Function Room Kate	PILATES Function Room
10.15	PILATES Function Room	STRETCH Function Room Tracy	STRETCH Function Room Tracy	BODY BASICS Function Room Vitor	STRENGTH FOR LIFE Function Room Marcus	
PM						
2.00			BODY BASICS Function Room Vitor			
4.45	COME N GO From 4:45pm -6:00pm Function Room Marcus	CIRCUIT Stadium Kate From 4:45pm -5:25pm				
5.15			HIIT Function Room Vitor	PILATES Function Room		
5.30		PILATES Function Room				
6.10	ZUMBA Function Room Maria		ZUMBA Function Room Fleur	CoreFLOW Function Room		

GOODLIFE AQUA CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.10	AQUA Indoor Pool Kate	AQUA Outdoor Pool Nadine	AQUA Indoor Pool Vitor	AQUA Outdoor Nadine	AQUA Outdoor Pool Vitor	AQUA Indoor Nadine
8.10	AQUA Indoor Pool Nadine	AQUA Outdoor Pool Tracy	AQUA Indoor Pool Tracy	AQUA Indoor Pool Vitor	AQUA Indoor Pool Nadine	
12.00	AQUA Outdoor Pool Shane		AQUA Outdoor Pool Vitor		AQUA Indoor Pool Marcus	
5.15					AQUA Outdoor Pool Nadine	

GYM HOURS

MON - FRI 5.30am - 7.00pm
SAT 7.00am - 12.00pm
SUN **CLOSED**

CRECHE HOURS

MON 8.00am - 10.15am
THUR 8.00am - 10.15am



CURRENT AS OF 15th of April 2024



CLASS DESCRIPTIONS

MIND BODY

STRETCH *40m* *



A class designed to lengthen and stretch your muscles, improve your range of motion and mobility, increase stability and circulation and calm your mind.

BODY BASICS *40m* *



Designed with our senior members in mind, this class has a strong focus on developing mobility, balance and strength through functional movements to improve your everyday life. A fun, social environment makes this class a great way to stay fit and enjoy the journey.

PILATES *40m* *



A unique method of body conditioning, promoting body awareness. Integrating breathing and core control, flexibility and strength training, this class will leave you feeling strong in the body and refreshed in the mind.

CoreFLOW *40m* *



This challenging class will strengthen your body's foundation by flowing through core conditioning, end range movements and stretching.

INDOOR AQUA *40m*

OUTDOOR AQUA *40m*



A water based class which focuses on cardio interval training, whole body toning and core strength.

STRENGTH

ABT *40m*



Targets all abdominal, buttock and thigh muscles.

PUMP *40m*



An intense strength class using a barbell and free weights to perform high-energy resistance movements. This class will challenge all your major muscle groups and increase strength and muscle tone fast.

STRENGTH FOR LIFE *40m*



An introduction to strength training specifically designed to improve functional fitness. This full body strength class uses a barbell and free weights to perform resistance exercises. This class will improve muscle tone, stability and bone density enabling you to lift weights with confidence and be strong for life.

CIRCUIT *40m*



A series of stations utilising weights and body weight exercises designed to improve strength and cardio fitness.

TRX CIRCUIT *40m*



Challenge yourself with body weight resistance training using the TRX in this high paced circuit style class.

COME N GO *75m*



A circuit style training space designed for you to train and evolve your fitness on your terms. Join the circuit in a friendly & fun coaching environment. Turn up and leave anytime in the 75m time slot.

CARDIO

ZUMBA *50m* *



Feel the beat and dance along in this fun and high energy workout. Anyone can join the party!

ZUMBA GOLD *40m*



A lower-intensity, easy-to-follow Zumba® class perfect for active older adults that focuses on balance, range of motion and coordination.

BOOTCAMP *40m*



Get fit and strong with this high energy class, using a variety of aerobic, strength and speed elements. Bootcamp uses interval training. Expect variety and enjoy the fresh air.

HIIT *30m*



HIGH INTENSITY INTERVAL TRAINING
Using a variety of different training modes, our 30 and 40min HIIT classes will push your limits in a supported challenging environment to help you get fitter and faster.