

CLUB ACTIVE BURLEIGH

GROUP FITNESS CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15 am						
8.00 am						
9:00 am						
10.00 am						
11.00 am						
1.30 pm						
4.30 pm						

- GROUP FITNESS CLASSES ARE \$15 FOR NON-MEMBERS.
- Effective from 19 October 2020. Classes are subject to change depending on instructor availability and class attendance numbers.
- Register for classes via the Club Active App.
- Please ensure you bring a towel and drink bottle to all classes, and covered in shoes where applicable.

CLASS DESCRIPTIONS

HEALTHY MOVES

Healthy moves classes are clinically based, led by an Accredited Exercise Physiologist (AEP). All welcome, consult with your AEP regarding class suitability. Private health, Medicare & DVA rebates may be available.

HEALTHY MOVES STRONG

50-minute low intensity class that focuses on improving overall strength and bone health. This class incorporates all muscle groups while teaching you how to lift safely and efficiently. It's an excellent option for anyone new to resistance training, anyone diagnosed with metabolic conditions such as type 2 diabetes, or anyone with osteoporosis or osteopenia.

HEALTHY MOVES MOBILITY

50-minute low intensity class that focuses on improving balance and mobility. This class will help to improve your daily life by increasing your range of motion, flexibility, circulation and confidence in single leg movements. It's an excellent option for anyone who has experienced falls, would like to decrease their falls risk, and those who would just like to move a little easier in everyday life!

ACTIVE MOVES

CIRCUIT BREAKER CARDIO

Mid-high intensity 45-minute circuit class that caters to all fitness levels and will make you break a sweat! This class incorporates interval circuits that use a combination of both body weight, resistance movements and cardio machines that will help to improve your cardiovascular fitness, balance and co-ordination.

CIRCUIT BREAKER STRENGTH

Mid-high intensity 45-minute circuit class that caters to all fitness levels and will make you break a sweat! This class incorporates interval circuits that use a combination of body weight, equipment and resistance machines to improve your strength, co-ordination and bone health.

CIRCUIT BREAKER MIX

Mid-high intensity 45-minute circuit class that caters to all fitness levels and will make you break a sweat! This class incorporates a combination of both our strength and cardio circuit breaker methods to give you a full body, fun workout.

MOVE 'N' TONE

Mid-high intensity 45-minute and strength workout that incorporates body weight and resistance exercises to get you sweating! It will raise your heart rate while helping to tone, strengthen and condition your muscles. A great total body workout for all levels.

GROOVE

Mid-high intensity 45-minute cardio workout with a difference! Incorporating a fusion of dance styles with great music- the emphasis is as much about having fun as it is breaking a sweat! A great total body workout for all levels.

BOX FIT

45-minute cardio workout that incorporates boxing technique and combinations to keep you fighting fit! Box Fit is excellent for improving cardiovascular fitness, co-ordination and cognitive training, bone health and wonderful form of stress relief. Suitable for all levels.

FELDY MOVES

50-minute class that uses the Feldenkrais methods of touch, movement and guided imagery to create mindful body awareness. You will be guided through a slow and gentle sequence of movements to improve your posture and ability to perform everyday actions and movements.

YOGA

50-minute class that utilises a combination of yoga styles to help improve flexibility, lengthen muscles, relieve tension from the body and improve body awareness, alignment and posture. Yoga helps to relieve the effects of chronic stress, bringing the mind and body into focused and relaxed state. Suitable for all levels.

PILATES

50-minute floor based workout designed to strengthen the core and pelvic floor, improve posture, flexibility and balance. Pilates is great as it enhances wellbeing through relaxation and stress relief. Suitable for all levels.

TAI CHI

50-minute class that incorporates elements of Qi Gong, involving a series of relaxed and flowing movements to enhance the mind and body. Tai Chi promotes the circulation of vital energy (Chi) around the body by following specific principles of movement, posture and breathing. It enhances circulation throughout the body, relieving muscle tension and improving flexibility, co-ordination and balance.

- PLEASE ENSURE YOU HAVE BOOKED IN FOR THE CLASSES VIA THE APP (OR OVER THE PHONE FOR NON-MEMBERS).
- BY DOING SO, IT ALLOWS US TO MONITOR CLASS ATTENDANCE AND ADHERE TO COVID-19 GUIDELINES.
- IT ALSO MEANS WE CAN DESIGN THE BEST CLASS POSSIBLE, SPECIFIC TO THOSE ATTENDING.
- IF YOU'RE HAVING TROUBLE NAVIGATING THE APP, PLEASE ASK ONE OF OUR FRIENDLY STAFF FOR HELP.