

CLUB ACTIVE TWEED HEADS

GROUP FITNESS CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15 am		CIRCUIT BREAKER CARDIO				
8.00 am		HEALTHY MOVES HEART	TAI CHI		MOVE 'N' TONE	CIRCUIT BREAKER MIX
9:00 am	MOVE 'N' TONE	GROOVE	MOVE 'N' TONE	PILATES	GROOVE	CIRCUIT BREAKER MIX
10.00 am	PILATES	YOGA			HEALTHY MOVES BALANCE	
3.00 pm		HEALTHY MOVES STRONG		HEALTHY MOVES STRONG		
5.30 pm	GROOVE	PILATES	YOGA	CIRCUIT BREAKER STRENGTH		

- GROUP FITNESS CLASSES ARE \$15 FOR NON-MEMBERS.
- Effective from 28 September 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



CLUB ACTIVE[®]
Change the way you age

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 HEART

50-minute low intensity class that focuses on improving cardiovascular health and capacity to exercise, as well as functional movement for daily living. This class incorporates a combination of body weight, resistance exercises, co-ordination and cardio exercises. It's an excellent option for anyone new to the gym, or anyone suffering with various chronic heart conditions or surgical rehabilitation.

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 BALANCE

50-minute low intensity class designed for anyone who has experienced or is at risk of falls. Exercises are structured to improve functional movement strength, enhance balance and co-ordination, and increase overall body awareness. An improved functional capacity will lead to increased confidence and self esteem, allowing you to live your life to the fullest.

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 cardio 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 a wonderful form of stress relief. Suitable for all levels.

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 a 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 well-being 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.