

GYM CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.45am	YOGA <i>WITH CAROL</i>	STRENGTH <i>WITH NAOMI</i>		STRENGTH <i>WITH NAOMI</i>	METAFIT <i>WITH NAOMI</i>	
7.00am	BOOTY BARRE <i>WITH DEBORAH</i>	AQUA <i>WITH SANDY</i>	AXIS <i>WITH NAOMI</i>	AQUA <i>WITH SANDY</i>		Alternating STRENGTH & PILATES <i>WITH SANDY & NAOMI</i>
8.15am	ACTIVE <i>WITH SANDY</i>	AEROBICS <i>WITH SANDY</i>		STRENGTH <i>WITH KELLY</i>	ACTIVE <i>WITH SANDY</i>	AQUA <i>WITH SANDY & NAOMI</i>
9.15am	STRENGTH <i>WITH KELLY</i>	BLT <i>WITH SANDY</i>		PILATES <i>WITH KELLY</i>	SPIN <i>WITH SANDY</i>	
10.00am		STRETCH <i>WITH SANDY</i>			BOOTCAMP H2O <i>WITH NAOMI</i>	
10.30am	PILATES <i>WITH KELLY</i>		AQUA <i>WITH NAOMI</i>			

5.30pm	AQUA <i>WITH NAOMI</i>	BOXING <i>WITH NAOMI</i>	AQUA <i>WITH NAOMI</i>	STRONG ZUMBA <i>WITH DEBORAH</i>		
6.15pm			YOGA <i>WITH CAROL</i>	METAFIT <i>WITH NAOMI</i>		

CONTACT:

(07) 3410 4010
countryclub@phgcc.com.au
 Timetable subject to change, follow our social media pages for updates.

OPENING HOURS:

Reception
 7.30am - 12pm Monday to Saturday
 4pm - 7pm Monday to Thursday

Gym Opening Hours
 5am - 10pm 7 Days

TroonFIT
 PACIFIC HARBOUR

CLASS DESCRIPTIONS

AXIS

With the focus on your CORE strength, this class creates stability from the Axis (middle of your body) the basis of all movement, it then layers on mobility, using your balance, your strength and your power, so you are able to move like never before and reach further than you ever thought possible.

Class time: 40mins

STRENGTH

Shape and tone your entire body with this high rep training workout. Squat, lunge, press and curl your way to your personal best.

Class time: 45mins for 5.45am classes, 60mins for 7.00am & 9.15am classes.

AQUA

Aqua is performed in waist deep or deeper water. It builds cardio stamina, strength, flexibility, burns body fat, increases circulation and can help rehabilitate healing muscles and joints. Great for elderly, pregnant women and anyone who loves the water.

Class time: 60mins

ACTIVE

An energising step workout that incorporates cardio, strength, balance and flexibility sessions to shape & tone your body.

Class time: 45mins

PILATES

A graceful exercise for balanced development of the body through core strength & flexibility. Pilates has a strong mind/body connection, you may like it if you enjoy yoga but need a more intense core workout.

Class time: 45mins

AEROBICS

A FUN workout class with easy to follow routines, incorporating low impact moves.

Class time: 45mins

YOGA

A gentle class improving strength, flexibility and sense of well-being. A combination of movement & breath.

Class time: 60mins

BOOTCAMP

A variety of function movements that also mixes traditional calisthenic and body weight exercises, with interval and strength training. This class involves a mix of both on land & in the water activities.

Class time: 60mins

BLT

Targets legs, abs and butt by combining strength and muscle toning exercises. Improves core strength.

Class time: 45mins

SPIN

Tone and shape your legs, hips and butt, while increasing cardio fitness and burning calories.

Class time: 45mins

METAFIT

Metafit is a high-intensity workout including a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete.

Class time: 30mins

BOXING

Use of boxing techniques and drills to develop core strength, improve endurance, coordination and stamina.

Class time: 45mins

STRONG BY ZUMBA

A music led high-intensity training session combining killer body weight and bootcamp style moves.

Class time: 45mins

BOOTY BARRE

A fun energetic fusion of pilates, yoga and dance. The perfect combination of strength, flexibility and cardiovascular training.

Class time: 45mins