

# GYM CLASS SCHEDULE

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

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

## CONTACT:

(07) 3410 4010  
[countryclub@phgcc.com.au](mailto: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*

## STRETCH

Targets primary muscle groups surrounding the hips, hamstrings and upper back. This is a great way to loosen tight muscles, improve circulation, relax and feel better, improving range of motion and reducing pain

*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*

## ZUMBA

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

*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*