

GYM CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.45am		STRENGTH <i>WITH NAOMI</i>		STRENGTH <i>WITH NAOMI</i>	POWER 321 <i>WITH NAOMI</i>	
7.00am	BOOTY BARRE <i>WITH DEBORAH</i>	BAND BLITZ <i>WITH SANDY</i>	AXIS <i>WITH NAOMI</i>	1 ON 1 <i>WITH SANDY</i>	MSWING <i>WITH NAOMI</i>	
8.15am	ACTIVE <i>WITH SANDY</i>	AEROBICS <i>WITH SANDY</i>	YOGA <i>WITH ELLY</i>	STRENGTH <i>WITH KELLY</i>	ACTIVE <i>WITH SANDY</i>	Alternating STRENGTH & PILATES <i>WITH SANDY & NAOMI</i>
9.15am	STRENGTH <i>WITH KELLY</i>	BLT <i>WITH SANDY</i>		PILATES <i>WITH KELLY</i>		
10.00am		STRETCH <i>WITH SANDY</i>				
10.30am	PILATES <i>WITH KELLY</i>					

5.30pm	AXIS/ M SWING <i>WITH NAOMI</i>	BOXING <i>WITH NAOMI</i>	STRENGTH <i>WITH NAOMI</i>			
6.15pm						

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.

BAND BLITZ

Using resistance bands, create a great adaptable workout allowing exercises to be performed over a full range of motion to tone and shape the body. Suits beginners to advanced participants.

Class time: 45mins

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

MSWING

A unique variety of movements using a single dumbbell to provide an effective workout. MSwing uses natural flowing movements that arc & sweep to improve your skill, co-ordination, muscle strength, elasticity, joint mobility and cardiovascular fitness.

Class time: 40mins

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

POWER 321

Combined strength, cardio & core class, using both bodyweight & Equipment this Interval style of 3, 2, & 1 minutes is a great calorie burning work out that can be done at your own pace or you can increase your intensity to see faster results.

Class time: 35mins

BOXING

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

Class time: 45mins

1 ON 1

S-T-R-E-T-C-H using foam rollers, bands and swiss balls. Great for all types of strength, flexibility, balance, rehabilitation and core training exercises.

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