GYM CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00 AM	YOGA		CORE & BOOTY		BARRE	
8.00 AM			HI – LO CARDIO			
08.15 AM	STEP	CARDIO/ COMBO		STRENGTH	STEP	STRENGTH
9.00AM						
9.15 AM					STRETCH	
9.30 AM	AQUA-ZUMBA	BARRE	YOGA	PILATES		AQUA-ZUMBA YOGA
10.30 AM		MSWING				
10.45 AM	PILATES					
5.30 PM	STRENGTH	STRETCH THAI CHI AQUA	YOGA AQUA	YOGA		

NOTES

THIS TIMETABLE IS SUBJECT TO CHANGE AND CANCELLATION.
Please call 3410 4010 to book your spot or email
countryclub@phgcc.com.au

TroonFIT
PACIFIC HARBOUR

YOGA
Includes breath control, simple meditation, and the adoption of specific body postures are widely practiced for health and relaxation. Hatha, Vinyasa and Qigong

BARRE
Booty barre is a fun, energetic, workout that fuses techniques from dance, Pilates, and yoga that will tone, define and chisel the whole body

STRENGTH
A barbell/weighted workout designed to get you lean, toned, and fit

STEP
A type of aerobics class that involves stepping up onto and down from a step

PILATES
A form of low-impact exercise that aims to strengthen muscle when improving postural alignment and flexibility

CARDIO/COMBO
Aerobics, Boxing, Fit-Ball, Dance.
All fitness levels will enjoy the energy & atmosphere

HI - LO CARDIO
A mix of aerobics, step, boxing, fitball, weights & core

STRETCH
As the name suggests, are all about setting aside dedicated time to stretch your muscles

CORE & BOOTY
A range of exercises to get your core strong and grow that booty

YOGALATES
A blend of yoga and Pilates moves choreographed to music, designed to strengthen and balance your body and mind. Find your inner balance and calm

MSWING
A single light weight to create a fun, challenging and effective workout. Improves joint and muscle strength, cardiovascular fitness, overall movement, learning and memory retention and flexibility