



# CQUNI COMMUNITY SPORTS CENTRE

## GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
5:30am – 6:15am	SUPERSWEAT	STRENGTH	TABATA	STRENGTH	MYSTERY CLASS		
6:30am – 7:00am	SUPERSWEAT	STRENGTH	TABATA	STRENGTH	MYSTERY CLASS		
7:15am – 8:00am			YOGA				
7:15am – 8:15am	SENIOR STEP	SENIOR STRENGTH	SENIOR STRENGTH	SENIOR STRENGTH	SENIOR STRENGTH	7:30am – 8:15am	CONDITION
8:30am – 9:30am	SENIOR CORDIO & BALANCE	SENIOR FIT	SENIOR ADV STRENGTH	SENIOR FIT	SENIOR CORDIO & BALANCE		
10:00am – 10:45am		PREGNANCY & BEYOND				9:00am – 10:30am	YOGA & BREATHING
12:15pm – 12:45pm	SUPERSWEAT	STRENGTH	TABATA	STRENGTH	MYSTERY CLASS		
5:00pm – 5:30pm	BOXFIT	BEGINNER STRENGTH	BEGINNER TABATA	BEGINNER STRENGTH			
5:45pm – 6:30pm	SUPERSWEAT	STRENGTH	TABATA	STRENGTH			

# WORKOUT DESCRIPTIONS

**BEGINNER CLASSES:** New to the gym? This class is the place to start! Expect to learn the correct technique for a range of fundamental exercises.

**BOXFIT:** A combination of boxing drills, bodyweight exercises and circuits. Don't have a partner? No worries! We will set you up with a boxing buddy.

**CONDITION:** A combination of strength, endurance and HIIT exercises that will test your fitness limits. Expect teamwork, games, and challenges.

**MYSTERY CLASS:** Celebrate the final day of the work week with a mystery class. The trainers have full creative freedom, and you have the chance to challenge the unknown and expand your fitness repertoire.

**PREGNANCY & BEYOND:** Qualified pre- and post- natal instructors will direct a low impact session that is safe to perform throughout pregnancy and post-partum. This class is designed to help women strengthen their pelvic floor, improve their posture, and develop supportive friendships with like-minded ladies. We don't currently offer a creche service, however, the session will include exercises that involve your little one/s. *Capped at 10 people.*

**SENIOR CORDIO & BALANCE:** A combination of cardiorespiratory, balance and core exercises that are designed to improve stability, control, and quality of life. *Capped at 20 people.*

**SENIOR FIT:** A low impact fitness class utilising free weights, fit-balls, steps and more! *Capped at 40 people.*

**SENIOR STEP:** Step to the beat of the music with a choreographed aerobics class. A fun way to enjoy fitness and make friends. *Capped at 20 people.*

**SENIOR ADV STRENGTH:** Learn how to use free weights and develop strength by participating in this controlled class. *Capped at 10 people.*

**SENIOR STRENGTH:** Learn how to use weight machines and develop strength by participating in this controlled class. *Capped at 18 people.*

**STRENGTH:** Applying progressive overload and functional strength methods, this class will help you feel stronger and move better. Expect compound lifts and weight-based exercises that will promote muscle development.

**SUPERSWEAT:** Not for the faint-hearted! A super-sweaty, high-cardio, bodyweight-based session that aims to increase your heart rate and burn calories. Expect to be running, jumping, and/or swinging from one of the Queenax applications.

**TABATA:** A HIIT workout for the busy person. This class is designed to suit beginner and experienced clients through the implementation of a timed workout (20 seconds of exercise and 10 seconds of rest). Expect a combination of cardio, strength, and endurance exercises that allow you to work at a self-paced intensity.

**YOGA & BREATHING:** A gentle yoga session designed to de-stress the body and mind. Improve your flexibility, balance, and coordination. *Optional: 30 minutes of relaxation meditation following the main yoga session.*



**BOOKINGS  
REQUIRED  
FOR CLASSES**

## GYM HOURS

- Monday to Friday: 5:00am – 8:00pm
- Saturday: 7:30am – 12:00pm
- Sunday and Public Holidays: Closed



**CQUNI COMMUNITY  
SPORTS CENTRE**