

| AM    | Monday                            | Tuesday                  | Wednesday                         | Thursday                           | Friday  | Saturday                   |
|-------|-----------------------------------|--------------------------|-----------------------------------|------------------------------------|---|----------------------------|
| 5.45  |                                   | <b>inCore+</b><br>(KC)   |                                   | Functional Fit<br>(OA)             | <b>inPump</b><br>(KC)   |                            |
| 7.15  |                                   |                          |                                   |                                    |   | <b>inCommand**</b><br>(OA) |
| 9.15  | <b>inPump</b><br>(BEC)            | <b>inCommand</b><br>(OA) | <b>inBoost</b><br>(BEC)           | <b>inBox</b><br>(OA)               | <b>inShred</b><br>(OA)  |                            |
| 10.30 | <b>Gentle Exercise**</b><br>(BEC) |                          | <b>Gentle Exercise**</b><br>(BEC) | <b>inPilates</b><br>(KC)           | <b>inSynergy</b><br>(KC)  |                            |
| PM    |                                   |                          |                                   |                                    |   |                            |
| 5.30  | <b>inBox</b><br>(OA)              | <b>inPump</b><br>(KC)    |                                   | <b>inCore+</b><br>(KC)             | <b>GYM OPEN</b><br><b>Mon - Fri</b> 5.15am - 9.00pm<br><b>Saturday</b> 7.00am - 1.00pm<br><b>Sunday</b> 8.00am - 1.00pm |                            |
| 6:00  |                                   |                          | <b>inCommand</b><br>(OA)          | <b>inSynergy</b><br>6:15pm<br>(KC) |   |                            |
| 6.30  |                                   | <b>inPilates</b><br>(KC) |                                   |                                    |   |                            |

Timetable is effective from 5.11.2018 – 26/1/19 and is subject to change without notice

Classes marked with \*\* \$4 per class for non-members.

**No Group Fitness Classes between 24/12/18 – 6/1/19**

**BEC: Beenleigh Event Centre, 5 Crete Street KC: Kids Club OA: Outside Undercover Area (Front)**

**Childminding Available on Tuesdays (at MW), Wednesdays (at BEC) and Thursdays (at MW) only**

|  |   |   |
|--|---|---|
| <p><b>Gentle Exercise</b> (60mins)</p> <p>Light group training including resistance, stretching and cardiovascular exercise in one session. Suitable for all ages who enjoy low intensity activities and achievable for those a little older in age.</p> | <p><b>inBoost</b> (60mins)</p> <p>Cardio intensive work out that involves step, body weight resistance and plyometric work to get your heart pumping and muscles firing.</p>  | <p><b>inBox</b> (60mins)</p> <p>Designed to improve the lifestyle of our participants through weight loss and increased muscle tone, fitness and confidence. No experience is necessary! \$2 boxing inners available at reception.</p>          |
| <p><b>inCircuit</b> (45mins)</p> <p>This class is a highly effective full body workout. This dynamic circuit class alternates cardiovascular with muscular endurance stations. Set your own pace. Held outdoors, undercover.</p>                         | <p><b>inCommand</b> (60mins)</p> <p>Our class is a military inspired, outdoor group personal training class. Each class will push you to your limits as you achieve serious results, seriously fast, in a positive and social environment.</p>      | <p><b>inPilates</b> (60mins)</p> <p>A unique method of body conditioning that integrates muscle control, breathing, flexibility, strength training and body awareness, in a series of movements that engage the body/mind (14 person limit)</p> |
| <p><b>inPump</b> (60mins)</p> <p>Barbell training to work on your major muscle groups to tone and shape. You choose the weight and follow the direction of our instructors to a motivating music workout (Tuesday 5:30pm 14 person limit)</p>            | <p><b>inSynergy</b> (30mins)</p> <p>Need to knuckle out a few knots, want a weekly wind down? There is something for everyone in our mobility, stretch and flexibility class. Band, ball or foam roller work may be included. (14 person limit)</p> | <p><b>Functional Fit</b> (60mins)</p> <p>A higher intensity class with a twist! This non-traditional workout utilises suspension training, power bags, ropes, agility ladders, resistance bands, slam balls and much more!</p>                  |
| <p><b>inShred</b> (60mins)</p> <p>A full-body cross training workout, using the bikes and rowers, combined with resistance based exercises challenging the entire body from head to toe.</p>   | <p><b>inCore+</b> (45mins)</p> <p>A moderate intensity class designed to target the muscles of the core (plus more) and keep you strong from the inside out. It's more than just abs! (14 person limit)</p>   | <p><b>inFit</b> (45mins)</p> <p>Group strength &amp; conditioning in our free weights area, designed to make you lean, fit and strong (6 person limit)</p>  |

Dear Valued Members,

Due to necessary court maintenance commencing 5<sup>th</sup> November this year and due to the fact the Group Fitness Classes are taken on our basketball courts we have designed a temporary group fitness timetable to enable the best possible continued operation for members of inSports Mt Warren. Our revised Group fitness timetable will be effective from the 5<sup>th</sup> of November 2018 until 26<sup>th</sup> January 2018 and please take a few moments to make yourself familiar with the points listed below for changes over this period.

### **Access to Other Sites**

- Logan North and Logan Metro are still available to use in this closure period time.
- Timetables for other locations can be found at front desk or on the Leisure Centres website.

### **Running of Classes**

- Some of our classes will be run outside of the venue and although we will use shaded areas where possible, we encourage members to bring the following items (below) to enjoy our classes in a healthy and safe environment.
- ***Please Note:*** Remember to bring Hat, Sunscreen, Drink bottle and Towel.

### **Booking in for Classes**

- Classes marked in red on the timetable are limited and require booking for health and safety.
- Bookings for classes can be made for 1 week in advance.
- No shows, without notification, may impact your ability to book in for future classes.

### **Childminding information**

- Child-minding has also been adjusted over this court closure period. As we have a maximum capacity of 6 children per session, bookings are essential.
- Bookings for childminding session can be made 1 week in advance.
- No shows, without notification, may impact your ability to book in for future sessions.
- With limited capacity for childminding due to the outdoor space be used for classes, will not be able to accommodate walk-ins (forgot to book) if the childminding is booked out.

**PLEASE NOTE:** There will be **NO** Group Fitness classes held on Wednesday 7<sup>th</sup> November and Wednesday 12<sup>th</sup> December 2018 as the Beenleigh Events Centre is unavailable on these dates.

Kind Regards,

inSports H&F Mt Warren Management Team

12231449

[www.insportslogan.com.au](http://www.insportslogan.com.au)

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