

# Group Fitness Classes

inSports Logan North

Group fitness and aqua aerobics

	Monday	Tuesday	Wednesday	Thursday	Friday	AM	Saturday
5.45	in45	Metafit	inABT	inPump	inCommand	7.15	inHIIT
9.15	VYPA	inABT	 ZUMBA fitness	inTone	inPump	8.15	inZen
10.30	inPilates	 KONGA	inPilates	** Gentle Exercise	inYoga		
11.30	** Gentle Exercise	** Move More	** Move More				
5.30	inHIIT		inPump	5.45pm inStep	<b>GYM OPEN</b> Mon - Fri 5.30am - 8.00pm Saturday 7.00am - 12noon Sunday 8.00am - 12noon		
6.30	inPilates	inZen					

\*\* Live Well Logan classes are available free to inSports Logan Gym members or \$4.00 per class for non-members.

## Aqua Aerobics Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 6.00		inAqua		inAqua		
 7.15						
 12.00	inAqua		inAqua		inAqua	
 6.05	inAqua		inAqua			

 Classes are held at Logan North Aquatic Centre.

\*\* Live Well Logan classes are available free to inSports Logan Gym members or \$4.00 per class for non-members.

**Gym Timetable is effective as of May 13th, 2022 and is subject to change without notice.**  
**Aqua Timetable is effective as of May 13th, 2022 and is subject to change without notice.**

LOGAN METRO  
 357 Browns Plains Rd,  
 Crestmead  
 Ph: 07 3081 6622

LOGAN NORTH  
 2 Sports Drive,  
 Underwood  
 Ph: 07 3541 6170

MT WARREN  
 2 Milne St,  
 Mt Warren Park  
 Ph: 07 3094 5401



**V Gentle Exercise (60mins)**  
 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.

**inABT (60mins)**  
 A low to moderate intensity class, with strength & conditioning designed to target the muscles of the abdominal area and lower body.

**inAqua (45mins)**  
 Water aerobics classes that focus on building strength and cardiovascular fitness without extra strain and stress on the joint. Low impact makes it suitable to all ages and fitness levels.

**inBox (60mins)**  
 Designed to improve the lifestyle of our participants through weight loss and increased muscles tone, fitness and confidence. No experience is necessary! \$2 boxing inners available at reception.

**inCommand (60mins)**  
 Our class is a military inspired, indoor 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

**inDeep (45mins)**  
 Terms 1 & 4 only  
 Working in a suspended state, makes any pool workout more challenging, without the impact of land based exercise.

**inHIIT (45- 60mins)**  
 Cardio, plyometric and body weight resistance based high intensity interval class designed to maximise high intensity efforts and minimise rest. No equipment, just feel the burn.

**inPilates (60mins)**  
 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 and mind.

**inPump (60mins)**  
 A highly effective barbell training class to work on your major muscle groups, to tone and shape. You choose the weight and follow the direction of the instructor that will get your heart pumping and muscles firing.

**in45 (45mins)**  
 A fat-burning **circuit training** workout that mixes cardio and weights and has you in and out of the gym in 45 minutes

**inTone (45mins)**  
 A total body, fat burner class incorporating high and low impact aerobic movements with circuit style training to help burn off those excess calories.

**inYoga (60mins)**  
 Build a stable, strong and supple body by systematically strengthening your body, building flexibility and spinal mobility as you progress. This is definitely yoga for fitness.

**inZen (60mins)**  
 Body conditioning combining the body awareness and asanas of yoga with the core conditioning and stability of Pilates. Lengthen, strengthen and define muscles, as well as to relax the mind.

**KONGA (60mins)**  
 A wild mash-up of Boxing, Kickboxing, Cardio, Afro, Pop, Rock, Pilates, Disco with easy-to-do moves, insane music & routines that are specifically designed to shape, sculpt & redefine your physique.

**Move More... (60mins)**  
*live & feel better!*  
 Gentle physical activity designed to be safe for people with stable long term health conditions. It's also suitable for anyone who hasn't exercised for a while and ideal for falls prevention.

**VYPA (45mins)**  
 VYPA is a Hardcore, High Intensity, Interval workout aimed at getting you FIT Strong to the hottest Hip Hop, Dance & Electronic Beats!

 **ZUMBA (60mins)**  
 Combines hypnotic Latin rhythms and easy to follow moves into a fun, energising and calorie burning class. Features interval training sessions where fast and slow rhythms tone and sculpt your body.

**Metafit (30-45mins)**  
**Metafit** is a 30-minute, bodyweight-only, non-choreographed, high-intensity interval training (HIIT) workout..

LOGAN METRO  
 357 Browns Plains Rd,  
 Crestmead  
 Ph: 07 3081 6622

LOGAN NORTH  
 2 Sports Drive,  
 Underwood  
 Ph: 07 3541 6170

MT WARREN  
 2 Milne St,  
 Mt Warren Park  
 Ph: 07 3094 5401

