

## GROUP FITNESS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.45				<i>in</i> Strength Circuit		
7.00						** <i>in</i> Command
8.00						
9.15	<i>in</i> Pump	<i>in</i> Step	<i>in</i> Command	<b>KONGA</b>	<i>in</i> ABT	
10.30	** Gentle Exercise	 **	** Gentle Exercise	** <i>in</i> Yoga	** Gentle Exercise	
11.30				Tai Chi		
5.00						
5.30	<i>in</i> Pilates	<i>in</i> Pump				
5.45			** <b>BURN!</b>		<b>GYM OPEN</b> <b>Mon - Fri</b> 5.30am - 9.00pm <b>Saturday</b> 7.00am - 1.00pm <b>Sunday</b> 8.00am - 1.00pm	
6.15						
6.30		** <i>in</i> Yoga				

\*\*Classes with an asterisk are \$4.00 per class for non-members.  
For all other classes, a membership is needed or a \$15 casual entry fee is required.  
**Timetable is effective from August 8th, 2022 and is subject to change without notice**

## AQUA AEROBICS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday
🔹6.15		<i>in</i> Aqua	<i>in</i> Aqua		
🔹12.15	<i>in</i> Aqua		<i>in</i> Aqua		
🔹6.05	<i>in</i> Aqua				

🔹 Classes are held at Beenleigh Aquatic Centre, City Rd. Included with Gym & Swim membership.  
Single aqua class visit: \$11 / Aqua class 10 visit pass: \$95 / Aqua class 25 visit pass: \$185

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



## **inAqua** (45min)

Water aerobics classes that focus on building strength and cardiovascular fitness without extra strain and stress on the joints. Low impact makes it suitable to all ages and fitness levels.

## **inStrength Circuit** (60min)

Enhance your aerobic, anaerobic fitness and muscular endurance with a circuit session to get your heart and muscles pounding! Suitable for all levels.

## **inStep** (60min)

The classic cardio workout! Using a step, this class is a moderate to high intensity workout that will boost your heart rate and breathing and strengthen your muscles. Suitable for beginners – option for no step.

## **inCommand** (60min)

Our class is a military inspired, 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. May be conducted outdoors.

## **inYoga** (60min)

Build a stable, strong, and supple self by systematically strengthening your body, building flexibility and improving spinal mobility as you progress.

## **BURN!** (60min)

A transformative choreographed dumbbell sculpting workout. Using dumbbells and fusing this with dance inspired movements to shape, sculpt and improve your muscle tone. Plus, you'll have fun!

## **Gentle Exercise** (60min)

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.

## **KONGA** (60min)

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.

## **inPilates** (60min)

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 mind and body.

## **inPump** (60min)

A highly effective barbell training class to work on your major muscle groups, to tone and shape. You choose the weight for a workout and follow the direction of our instructor to inspiring music. Suitable for all fitness levels.

## **Functional Fit** (45min)

A full body workout that trains your body to be better at life. This class will have your whole body moving and improving your strength, power, speed, mobility, and coordination. Modifications for all levels.

## **inABT** (60min)

A moderate to high intensity class with strength & conditioning designed to target the muscles of the abdominal area, glutes and legs.

## **ZUMBA gold** (60min)

Move at your own pace to a low-impact fitness class with simple moves, which makes it perfect for those a little older in age and beginner participants. Be ready to sweat for a seriously awesome workout!

## **Tai Chi** (60min)

Described as meditation in motion. This class is a low impact session that can help improve your flexibility, balance and coordination while calming the mind. Safe for all ages and fitness levels.

## **ZUMBA fitness** (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.

#15691004

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