

GROUP FITNESS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00				Strength		
7.00						KONGA
9.15	Fit	Step	Bootcamp	KONGA	ABT	
10.30	**Gentle Exercise	 ZUMBA gold **	**Gentle Exercise	**Yoga	**Gentle Exercise	
11.30		Tai Chi				
5.30	**Pilates	Box			GYM OPEN Mon - Fri 5.30am - 9.00pm Saturday 7.00am - 1.00pm Sunday 8.00am - 1.00pm	
6.00				**Yoga		
6.30		**Yoga				

****Active and Healthy Logan** classes (red) are \$5.00 per class for non-members.
Bookings required for all 10:30am classes, see reception on arrival.
Timetable is effective from Oct 30th, 2023 and is subject to change without notice

AQUA AEROBICS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday
🔹6.15		Aqua	Aqua		
🔹12.15	Aqua		Aqua		
🔹6.05	Aqua				

🔹 Classes are held at Beenleigh Aquatic Centre, City Rd. Included with Gym & Swim membership.
Bookings required for all classes, booking sheet available 30 min prior to class.
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



TONING & STRENGTH

💧 Aqua (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.

Strength (45min)

Get strong and have fun with a weighted session that supports your movement in everyday life, plus, it'll fire up your heart and muscles! This class may be conducted in the gym area, depending on class numbers.

Pump (45min)

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.

Fit (55min)

Targeting every muscle, from every angle, with strength, stability, agility, and flexibility. Using weights, bodyweight exercises and some core conditioning designed to get your body FIT!

ABT (55min)

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

CARDIO/AEROBICS/HIIT

Step (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.

Bootcamp (55min)

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.

KONGA (45/60min)

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.

Box (60min)

Designed to enhance the lifestyle of our participants through weight loss and improved fitness. Burn fat, shape, and tone the muscles of the upper body while improving your cardiovascular fitness. No experience necessary!

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!

MIND BODY

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.

Zen (60min)

Combining the body awareness and asanas of yoga with the core conditioning and stability of Pilates. Lengthen, strengthen, and define muscles while relaxing the mind.

Pilates (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

Tai Chi (60min)

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

Yoga (60min)

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

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