



STRAND FITNESS

Group Fitness Timetable - Effective 11th July 2011

Level 4, 31 Leichhardt Street
TOWNSVILLE 4810
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07 4772 0002

*Disclosure STRAND FITNESS group fitness timetable is seasonal and subject to change

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Time	SATURDAY	SUNDAY	
Morning						Morning			
5.45 AM						6.30 AM			
7:30AM		SENIORS CIRCUIT		SENIORS CIRCUIT	AQUA FITNESS		8.30 AM		
9.30 AM							9.30 AM		
Afternoon							Afternoon		
4.30 PM						4:30 PM			
5.30 PM									
5.45PM									
6.30 PM									

STRAND CROSSFIT TIMETABLE

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Time	SATURDAY
Morning						Morning	
5.45 AM						9.00 AM	
Afternoon						Afternoon	
5.30 PM							



An uplifting and energising class, using an adjustable step platform with simple choreography. A great cardio and lower body work out.



The benefits of weight using adjustable barbells to great music. The fastest way to get into shape.



An interval training class, using simple aerobics and sports inspired moves. Get fit, stay fit get fitter.



Combining the many beneficial aspects of yoga, Thai Chi and Pilates. Set to inspiring and uplifting music.



Great music inspires you through a range of riding terrains enacted through the use of resistance & variable speed



The Zumba Fitness-Party is a one-of-a-kind, Latin inspired, dance fitness workout set to sexy, high energy Latin and international music



1 hour circuit workout targeting the whole body. Great for shaping and toning bodies.



15 min Freestyle Aerobics, 15 min Pump/Weights, 15 mins Step, 15 mins Abs, Butts & Thighs. All round body workout.



A revolutionary method of leveraged bodyweight exercise that builds power, strength, flexibility, balance and mobility



Aqua Fitness is a high energy, shallow water cardiovascular workout. This class is held at Tobruk Pool on the Strand.



An exciting group session based outdoors, incorporating effective movement patterns executed at high intensity. These workouts will deliver you fast results. **PLEASE SEE RECEPTION**



Strand Crossfit is held at Tobruk Pool. As there are additional costs associated with Crossfit, please see Reception prior to attending for more information.



Kids Fit is FREE on Tuesday and Thursday Bootcamp at 5.30pm for all children aged 5-12 years old

SENIOR CIRCUIT

Light aerobics, cardio and circuit training. Low impact workout.

GYM RECEPTION HOURS

Monday - Friday
5.30am - 8.00pm
Saturday & Sunday
8.00am - 6.00pm

CRECHE HOURS

Monday-Friday
9:00am-12:00pm
Monday-Thursday
4:00-7:30pm
(* Evenings By Bookings Only)
Saturday
8:00am-12:00pm