



North Shore TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5.15am		VIP		VIP	VIP			
5.45am					VIP			
8.15am						8.15am		
9.15am						9.15am		
4.30pm								
5.30pm								
6.15pm								

PLEASE NOTE: ALL Group Fitness classes requires a booking through GymVue. Classes are subject to change with little notice.



North Shore YOGA HUB

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6.00am						8.30am		
10.15am						10.15am		
5.30pm						11.00am		
6.15pm						3.15pm		
6.30pm								

North Shore Class Descriptions

The Below classes are included on all our membership types. You do not need to book a spot. Simply arrive 10 minutes early to setup any equipment you may need. You only need to bring a towel and water bottle with you. Please see the instructor before the class to setup the equipment.

Our Hot and non-heated yoga classes are available as part of our VIP Club Membership.

Not a VIP Member? See reception to find out how you can upgrade to the VIP Club Membership.

LES MILLS BODYPUMP

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

LES MILLS RPM

RPM™ is a cycling workout that delivers maximum results with minimum impact on your joints. Tune in to some great music and get your pedals spinning as your instructor takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time. If you want a true sense of achievement, get into a RPM class today.

LES MILLS BODYATTACK

BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories* and leaving you with a sense of achievement.

LES MILLS BODYCOMBAT

BODYCOMBAT® is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai.

LES MILLS BODYBALANCE

BODYBALANCE® is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

LES MILLS BODYSTEP

BODYSTEP® is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear.

50PLUS

Our 50Plus program is a purpose built supervised program that addresses the broad range of health and wellbeing needs of those over 50 years of age.

Available on our VIP Wellness Membership:



XFF - High-Intensity Functional Training. Our XFF Program is a blend of training styles programmed and delivered in a functional way to HIIT (pardon the pun) all the boxes.



MetaPWR is a 30-minute, metabolic resistance workout, combining bodyweight and weighted compound exercises with very little rest to maximize calorie burn and increase the metabolic rate during and after the workout.

BURN BOOTY BARRE

Our **Burn Booty Barre (BBB)** fitness classes are fun and challenging, this class mixes elements of pilates, stretch, functional training and dance. The focus is on glutes, hamstrings, quads, and calves so you can have long lean legs and that round booty you always dreamed off. BBB is an effective workout from which you will see positive physical results as soon as you start, it will help to sculpt and tone muscles, improve posture and your overall health.



Our **stretching** session is a slow-paced class where you will increase flexibility while relaxing. Whether you are a beginner or an athlete, this class will help you minimise pain, improve function and boost the effectiveness of your workout routine.



Pilates BURN is the perfect blend of deep muscle toning, stretching, balancing, AND cardio vascular intervals guaranteed to pump up your heart rate and burn fat, all while still developing core strength, flexibility, balance and stamina. It is a structured, easy-to-follow total body workout, ensuring you get a challenging workout every time! And best of all fitness levels are welcome.



Power Yoga is considered to be a 'contemporary' style of movement, but is still based on the traditional styles of yoga. A good way to describe it is a vigorous and fitness based form of yoga. You are guaranteed to move around and sweat, but you will also be focusing on your breath and your mind while moving your body.



Yin is a passive practice where yoga positions are held for 3-5 minutes - or longer. It harnesses the lunar, fluid, feminine energetic qualities in the body by nourishing our connective tissue that calls for softening, stillness and your strength. This allows us to remain in a pose while being curious and contemplative as we observe sensations as they arise, without judgement. This class will help you to nourish yourself, let go and simply be.



Barre Tone is a modern version of classic ballet training. Only using light weights in a 45 min workout designed to shape and tone postural muscles, build core strength and increase flexibility.



Yoga Reset is a class at a deliberate pace to reset your mind and body. We'll explore a variety of tools to stretch, strengthen and twist, including breath and core work, vinyasa (flow), balance work, and mindfulness strategies. You will be holding poses a bit longer to build flexibility and strength, while occasionally pausing to work on the specifics of the architecture of each pose. Alignment cues throughout the practice will help you move mindfully and gain a greater understanding of your yoga practice.



Vinyasa Flow is a popular and evolving form of traditional hatha yoga. It focuses on integrating intention, breath, movement, awareness, alignment, strength and flexibility - essentially your practice with your daily life. In this class, we will explore luscious hip openers, deep twists, gravity surfing strengthening and bum toning. We will also surface the breath and try to quiet the mind. This class is open for all levels of Yoga, modifications are offered to suit your levels to enjoy a fun and inspiring class!



HOT: In this class, we'll turn up the heat and explore fun, creative and definitely sweaty flows to build strength, flexibility, and endurance. Appropriate modifications will be offered for all levels for a fun and inspiring practice.

STAFFED HOURS

Monday to Thursday | 5.30 am to 8.00pm
 Friday | 5.30am to 7.00pm
 Saturday | 8.00am to 4.00pm
 Sunday | 8.00 to 1.00pm

CRECHE HOURS

Monday to Friday (Morning) | 8.30 am to 11.30am
 Monday to Thursday (Afternoon) | 4.00pm to 7.30pm
 Saturday (Morning) | 8.00 am to 11.30am

Contact Us

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