



Timetable effective: Monday 31st March 2025

	MON	TUES	WED	THUR	FRI		SAT	SUN
5:30AM	SF <sup>45</sup>	SF <sup>45</sup>	SF <sup>45</sup>	SF <sup>45</sup>	SF <sup>45</sup>	8:00AM	80x	
5:30AM						9:15AM	SF <sup>45</sup>	
9:15AM	SF <sup>45</sup>		80x		SF <sup>45</sup>			
4:30PM	SF <sup>45</sup>		SF <sup>45</sup>		SF <sup>45</sup>			
5:30PM	80x							
5:30PM		SF <sup>45</sup>	SF <sup>45</sup>	SF <sup>45</sup>				

\*T&Cs apply. Timetable & classes subject to change with no notice. SF45 and Wellness classes are available to VIP membership holders at no additional cost. Please note: attendance to all Group Training and Creche Sessions must be booked via our Club Fit management system or spot is not ensured.

**PLUS ACCESS TO 40+ CLASSES PER WEEK ACROSS CBD & NORTH SHORE**

## Booking Etiquette

- 1** Class booking **cut-off time is 30 minutes**. To book with less than 30 minutes before the class starts, please call us to ensure a spot is available. Failure to cancel at least two hours prior may result in a **\$5 late cancellation fee** charged to you. With limited spots available, this is to ensure no one misses out on their favourite class.
- 2** **No booking, no attendance**. All classes, sessions and creche sessions must be booked in via the app. If you are having trouble accessing the app, please see us at reception.
- 3** If you are unable to make the class, session or creche session, please **cancel your booking** through the app to allow others the chance to attend.
- 4** If you don't attend and don't cancel prior to the class, session or creche session starting, a **\$5 no show fee** will be charged to you. This is to ensure no one misses out on their favourite class.

## DOWNLOAD APP

MyClub Fitness App



IOS



ANDROID

Manage your membership, book classes and creche through the app! See us at reception if you require assistance.



Due to health safety and ensuring guidelines are abided by, the below classes must be booked in, if you arrive without a booking your spot in class is not guaranteed. You only need to bring a towel and water bottle with you. Please see the instructor before the class to setup the equipment.

## Class Descriptions

### 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. Class is available at CBD, our Les Mills Hub.

### 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 an RPM class today. Class is available at CBD, our Les Mills Hub.

### 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. Class is available at CBD, our Les Mills Hub.

### 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. Class is available at CBD.

### AQUA FITNESS

A high energy, shallow water, cardio workout held at The Townsville Health Hub. This is a great low impact class designed for people of all fitness levels. Class is available at CBD.

### CIRCUIT

Circuit classes are a fantastic choice for anyone looking for an all over body workout that combines weights, cardio, and stretching. You'll work up a sweat and leave feeling accomplished. All fitness levels are welcome. Class is available at North Shore.



Boxing will work your whole body and mind. Our boxing trainers will lead you through rounds of different punches and combos. You will receive a high level of cardio, muscle strength, sharp reflexes, and a focused mind. You will see an improvement, not only in your physical strength, but in your mental strength as well. Class is available to Central.



**BUILD STRENGTH, IMPROVE CARDIO, GET RESULTS.**

SF45 equals the ultimate time-efficient workout that covers all your bases in Group Training. Enjoy the ease of being guided and motivated by our friendly coaches, meeting like minded people and training a variety of cardio, strength or metabolic conditioning focused programmes.

We rotate our workout focus from week to week and keep each class different so you can get a range of workout focuses and programming no matter the days you can make class.

The workouts can be scaled to your own ability and level, making it ideal for beginners or seasoned athletes. We encourage people of all fitness levels to give it a go and see for themselves why SF45 is so popular! SF45 is available to VIP membership holders. Active members can attend these classes for an additional cost. Class is available at all locations.

Wellness Hub classes available to VIP membership holders. Active members can attend these classes for an additional cost. Wellness Hub classes available at CBD.

### Hatha Yoga

'Hatha' will typically involve a set of physical postures (yoga poses) and breathing techniques. These are typically practised more slowly and with more static posture holds than a Vinyasa flow or Ashtanga class. So Hatha yoga can be considered as anything you might do with the body, including: asana – yoga postures, pranayama – breathing techniques, mantra – chanting or reciting, mudra – hand gestures, shatkriyas and shatkarmas – cleansing techniques.

### Vinyasa Flow Yoga

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!

### Power Yoga

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.

### Yoga Reset

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.

### Pilates & Pilates Burn

Pilates is the perfect blend of deep muscle toning, stretching, and balancing. Develop 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.



### STAFFED HOURS

Monday - Thursday: 5:30am to 8:00pm  
Friday: 5:30am to 7:00pm  
Saturday - Sunday: 8:00am - 4:00pm

### CRECHE HOURS - BOOKINGS ESSENTIAL

Monday to Friday (Morning): 9:00am - 11:30am  
Monday to Thursday (Afternoon): 4:00pm - 7:30pm  
Saturday (Morning): 8:00am - 11:30am

Each creche session is 1 hour. Booking etiquette applies. No back to back session bookings.

### THE OASIS, THE HAVEN & POOL HOURS:

Monday - Thursday: 5:30am to 7:30pm  
Friday: 5:30am to 6:30pm  
Saturday - Sunday: 8:00am to 3:30pm  
\*Monday & Thursday The Oasis is closed 7am - 11am for deep cleaning and is subject to change\*

\*T&Cs apply. Operating hours, pricing, timetables and classes are subject to change in line with the Strand Fitness Membership Terms & Conditions. This includes changes due to cleaning, maintenance, construction work and seasonal holidays.