

CLASS DESCRIPTION

GROUP FITNESS



ABT (GCAC only)

Lower body workout focusing on strengthening and toning your abs, butt and thighs.



Barbell (GCAC only)

Gets the muscles pumping using an adjustable barbell for our freestyle whole-body strength workout to music in a 30 and 45-min format.



Boxfit

High intensity interval training based on boxing drills, movements and aerobic activities.



Dance fit (GCAC only)

Freestyle dance class that mixes Latin and international styles to give you an exciting cardio workout.



Fusion Fit

Designed to improve cardio fitness and tone muscles, using a series of body weight based exercises and movements to help burn fat and build endurance.



Fusion Strength

A combination of free weights and other resistance equipment to help build lean muscle and improve strength for the whole body.

SPIN FITNESS



Spin

Fun freestyle cycle class for all levels to increase heart rate, burn calories, tone the glutes, thighs and calves. Also available in 30-min express.



Gentle Weights

For seniors or beginners wanting to build on fitness incorporating body and free weights.



Pilates

Beginner/intermediate will help to tone your body, improve your posture, balance, control and strengthen your core muscles.



Stretch

A low impact flexibility class that releases muscle tightness and is suited for all fitness levels.



Yin Yoga

Quiet and slow. Hold floor based stretches for longer resulting in a deeply relaxing session which is great for recovery and stress.



Yoga

One of the best forms of exercise designed to keep the body toned, strong and flexible. Suitable for beginner to experienced.

AQUA FITNESS



Aqua Aerobics

This water-based workout focuses on endurance, resistance tools and fun in shallow water.



DWR

Deep water running is low impact exercise using every muscle group in the body, participants wear buoyancy belts and try to maintain a vertical position while running in deep water.

CENTRE OPENING HOURS

Gold Coast Aquatic Centre is open everyday except Christmas Day, Good Friday and ANZAC Day.

Summer hours (1 September to 31 May)

Monday to Friday 5am to 8pm

Saturday 6am to 5pm

Sunday and public holidays
7am to 4pm

Winter hours (1 June to 31 May)

Monday to Friday 5am to 8pm

Saturday 6am to 4pm

Sunday and public holidays
8am to 3pm

For all enquires contact:

P 07 5581 7940

E fitnesscentre@goldcoast.qld.gov.au

W [cityofgoldcoast.com.au/
goldcoastaquaticcentre](http://cityofgoldcoast.com.au/goldcoastaquaticcentre)

CITY OF
GOLD COAST™

GOLD COAST AQUATIC CENTRE

FITNESS CENTRE *Timetable*

COMMENCING
6 FEBRUARY, 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am	SPIN 30		SPIN 30	SPIN 30		
5:30am					FUSION STRENGTH	
5:30am					SPIN	
6:00am	FUSION STRENGTH	FUSION STRENGTH	DWR	FUSION FIT (30)	YOGA	
6:00am			FUSION FIT	YOGA		
6:15am						FUSION STRENGTH
7:00am	DWR	DWR		DWR	DWR	DWR
8:15am	AQUA		DWR		AQUA	AQUA
8:15am						SPIN
8:30am			BARBELL (30)	A&H AQUA		
9:00am						
9:15am	YOGA	ABT	STRETCH	SPIN	PILATES	YOGA
9:15am			AQUA			
9:30am						
10:15am	GENTLE WEIGHTS (30)	DANCE FIT		DANCE FIT	YOGA	
12:00pm	A&H WATER THERAPY	A&H DWR				
4:30pm				AQUA		
5:00pm	SPIN		BOXFIT	SPIN 30		
5:30pm	FUSION STRENGTH	SPIN		PILATES		
5:30pm		FUSION FIT				
5:45pm				BARBELL		
6:00pm	YOGA		YIN YOGA			
6:15pm	DWR		DWR			