

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.



Box Fit

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



Dance Fit

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.



Gentle Weights

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

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.

MIND AND BODY



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. Buoyancy belts and worn whilst trying to maintain a vertical position while running in deep water.

ACTIVE AND HEALTHY



Aqua Aerobics, DWR and Water Therapy

The Active & Healthy program runs during Queensland school terms (40 weeks a year) and is a low-cost activity priced at \$5 per class.

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 August)

Monday to Friday 5am to 8pm

Saturday 6am to 4pm

Sunday and public holidays
8am to 3pm

For all enquires contact:

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



Book online

Book into a group fitness class online via the membership portal.

CITY OF
GOLDCOAST

GOLD COAST AQUATIC CENTRE

FITNESS CENTRE *Timetable*

COMMENCING
8 MAY, 2023

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