

YMCA Caloundra

Group Fitness

Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday
7:45 am	<i>Circuit</i> Annie		<i>Circuit</i> Tracey		<i>Circuit</i> Annie
9:00 am			Pilates Francesca		<i>PrYme Movers</i> Annie
10:00 am	Pilates Di	<i>PrYme Movers</i> Di		<i>PrYme Movers</i> Tracey	
11:15 am		<i>PrYme Lite</i> Di		<i>PrYme Lite</i> Tracey	
11.30 am					

Timetable effective 03-06-2024

Casual Class - \$10.00

10 class pass - \$80

**PrYme Lite Classes - \$5

**Proudly presented as part of Sunshine Coast Council's Healthy Sunshine Coast program

YMCA Caloundra

125 Arthur Street, Caloundra, 4551
(07) 5438 0944 | ymcafitness.com/locations/ymca-caloundra



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Class Name	Class Description
PrYme Movers	Pryme Movers class, is not only a great way to stay fit, it is also a powerful social network for our participants. This class is progressive and incorporates resistance training, aerobic exercise, balance and flexibility.
PrYme Lite	Pryme Lite is an introduction class to Pryme Movers. This class is similar to Pryme Movers but at a lighter intensity. The class incorporates chair-based exercises as well as resistance and balance training.
Circuit	Circuit is a high intensity training class (HITT) that aims to teach correct technique and increases your heart rate. You will use a variety of equipment and body weight exercises while you complete the timed circuit.
Pilates	Pilates trains the body as an integrated whole, focusing on core, lower body, and upper body strength as well as flexibility and posture. Pilates workouts promote strength, balanced muscle development, flexibility, and increased range of motion for the joints