














Group Fitness Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.45am	 CIRCUIT with Annie	WATCH THIS SPACE!	 CIRCUIT with Tracey	WATCH THIS SPACE!	 CIRCUIT with Annie
9am	 PILATES with Kate		 PILATES with Francesca		 PRYME MOVERS with Annie
10am		 PRYME MOVERS with Annie		 PRYME MOVERS with Tracey	
10.15am					 PILATES with Francesca
11.15am		 PRYME LITE with Annie		 PRYME LITE with Tracey	
12.30pm	 CANCER SURVIVOR PROGRAM with Tracey			 CANCER SURVIVOR PROGRAM with Tracey	

Timetable effective 23 October 2024

PRICING	Casual Class \$10
	10 Class Pass \$80
	PrYme Lite Class \$5 *



* PrYme Lite is proudly presented as part of Sunshine Coast Council's Healthy Sunshine Coast program

Group Fitness Classes



CIRCUIT

A dynamic, high-energy workout that combines strength training and cardiovascular exercises. Participants rotate through various exercises, targeting different muscle groups and incorporating equipment like weights, resistance bands, and bodyweight moves. Each station typically lasts for a set time, followed by a brief rest before moving to the next. This format keeps the heart rate up, boosts endurance, and enhances overall fitness. Circuit classes can be tailored to different fitness levels, making them accessible and effective for everyone. Expect a fun, fast-paced environment with motivating music and the support of an encouraging instructor!



MAT STRENGTH & STRETCH

Join us for Mat Strength and Stretch, where dynamic strength movements meet restorative stretching. Build core stability and muscular strength while enhancing flexibility and promoting relaxation. Perfect for all fitness levels, this balanced workout helps you cultivate strength, improve posture, and release tension.



PILATES

Pilates is a form of low-impact exercise that focuses on strengthening muscles while improving postural alignment and flexibility. Our mat classes emphasise core strength, stability, and control. Pilates exercises are designed to promote a mind-body connection, enhance physical awareness, and improve overall fitness. Let by qualified and knowledgeable instructors our classes are suitable for people of all fitness levels and can be adapted for rehabilitation as well.



PRYME MOVERS

Our popular PrYme Movers class is not only a great way to stay fit, it is a powerful social network for our participants. This class includes aerobic exercise, light weights and balance and stability. An all over body workout this class is suitable for all levels incorporating options for lower impact and difficulty.



PRYME LITE

Our PrYme Lite classes are similar to PrYme Movers but at a lighter intensity and with the option of chairs for stability. These classes are extremely popular with our more mature aged clientele, specifically those who are returning to exercise or rehabilitating after an injury or illness. Options are provided for all levels with a strong focus on balance, strength – including posture and safe practices and general functional movement. These classes are proudly presented as part of the Sunshine Coast Council's Healthy Sunshine Coast program.



CANCER SURVIVOR PROGRAM

This wonderful FREE program has helped so many people who have experienced cancer to build community and support whilst getting their bodies and minds back in shape.

Regular small group sessions with a qualified and compassionate coach to improve functional capacity, reduce the severity of therapy side effects, preventing unwanted weight changes and improving energy levels and self esteem.

Registration is required for this 12 week program. Please contact reception for more details.