

OPENING WEEK ONLY 22/3/2010 - 28/3/2010

All levels of fitness & experience catered for in every class! Classes subject to change depending on instructor availability

GrpFITNESS	Mon22/	Tues23/3	Wed24/3	Thurs25/3	Fri26/3	Sat27/3	Sun28/3
5:45am	BODYSTEP Janet	BODYPUMP Sabrina	BODYATTACK Stacey	BODYCOMBAT Sabrina	MEDLEY Amanda		
6:45am							
7:15am						BOX FIT Anil	
8:15am						BODYPUMP Louise	
9:15am	BODYPUMP David	SUPERCIRCUIT Sabrina	BODYSTEP Amanda	BODYPUMP Anne	BODYCOMBAT David	ZUMBA FITNESS Louise	BODYPUMP Sabrina
10:00am						CORE CRUNCH Sabrina-30mins	
10.15am	HI-LO Janet	T.N.T Janet	ZUMBA FITNESS Louise	BODYSTEP Anne	BODYBALANCE Karen		BODYCOMBAT Sabrina
4:45pm	BODYPUMP Amanda.J	BOX FIT Anil	T.N.T Janet		BODY ATTACK Anne		
5:45pm	BODY ATTACK Janet	BODYPUMP Sabrina	SUPER CIRCUIT Sabrina	BODYCOMBAT David			
6:45pm	BODYCOMBAT Sabrina		BODYSTEP Karen				

RPM/CYCLE CLASSES

CYCLE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:45am	RPM Stacey		RPM Amanda	RPM Stacey			
7:15am						RPM Amanda.J	
9:15am		RPM Amanda.H	CYCLE Gina		RPM Cathlin		RPM Cathlin
5:45pm	RPM Amanda.J		RPM Stacey				

PILATES/YOGA/CORE STABILITY CLASSES

MIND-BODY	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:45am							
7:15am						BEGINNERS YOGA Leslie	
9:15am	PILATES Elle		YOGA Emma B	PILATES Katrina		YOGA EXTREME Leslie	
10:15am	YOGA EXTREME Elle	HATHA YOGA Nikki	PILATES Amanda	VINYASA YOGA Kristine	HATHA YOGA Nikki		YOGA Darren
11:30am		RESTORATIVE YOGA Nikki					
12:15pm				RESTORATIVE YOGA Elle			
5:45pm		MAT PILATES Elle	PILATES FUSION Emma B				
6:45pm	YOGA Darren	YOGA EXTREME Elle	HATHA YOGA Leslie	BODYBALANCE Naz			

Please arrive in plenty of time to begin your class.
Late comers will be refused entry once doors are closed.

BODYPUMP	"The fastest way in the Universe to change your body shape!" Adjustable weight loaded barbells allow you to increase your lean muscle mass burning more calories and ensuring awesome muscle tone as well as improving your posture.
BODYSTEP	"The best butt & thigh workout in the gym!" Fantastic results fast with this butt & thigh workout to great music. Catering for all fitness levels with simple choreography. Strength & toning phases for all over body conditioning.
BODYCOMBAT	"The power of self defence & martial arts combined!" An addictive mix of kickboxing, tai chi, karate & self-defence that will leave you feeling energized, strong & confident. Have fun & fight for your fitness!
MEDLEY	This class is designed to keep it fresh & keep you guessing. A great combination of step, weights, cardio boxing & abs that will ensure you get to finish your week in style!
T.N.T	"TONE N TIGHTEN" Sculpt your body in a targeted class format. Bringing the Dynamite you need to your workout!!!
SUPER CIRCUIT	This is a cardio/cross training workout for absolutely any one! "Booty Camp" style brought indoors!
BODYATTACK	"Jump Start Your Heart" High energy aerobic training with strength and stability exercises. Powerful moves to motivate everyone towards their fitness goals.
HI-LO	"The ultimate workout for burning those calories" High low impact class designed to suit everyone who wants to burn calories and have some fun! Easy to follow!
BODYBALANCE	"The complete body & mind experience" A unique combination of yoga, Pilates and tai chi to improve core strength, posture & flexibility as well as enhance overall wellbeing.
HATHA YOGA	A combination of physical postures, breathing exercises and meditation designed to improve your mind-body connection and leave you in a state of tranquillity.
VINYASA YOGA	A more fluid and energetic style of "hatha" yoga. "Vinyasa" means "flow". One breath synchronised with one movement.
YOGA EXTREME	"Intensify your Yoga Practice" This is an advance level of Yoga. If you want to bring your Yoga Practice to the next level of strength and enlightenment, this class is for you.
PILATES FUSION	"What a gorgeous BLEND of pilates and yoga" Core strength and yoga practice fused together.
MAT/FITBALL/RINGS PILATES	Create core strength & stability Super effective training focusing on core strength & stabilisation to assist with alignment & improves posture.
RESTORATIVE YOGA	Extended recovery and rejuvenating practice. Expect lots of forward folds, and meditative recovery. This class is for all ages, and all levels. A great way to introduce your body to Yoga and recover lost flexibility.
YOGA(props)	Yoga practiced with blocks, straps and blankets! Assisting in precision of alignment.
RPM (45 min Class)	"For absolute calorie destruction!" Fantastic for shaping & toning your lower body and dramatically increasing your fitness levels as you cycle through varying terrains with powerful music to provide a stimulating & motivating atmosphere.
CYCLE (45 min Class)	Ideal for the first time rider. Short on time but not on Cardio. Burning calories and increasing endurance. Work at your own level.
ZUMBA FITNESS	"Ditch the Workout" Find your Latin Grooves and Moves with Zumba fitness.
BOX FIT	Boxing technique and circuit drills in a class format. Expect to break a sweat!
CORE CRUNCH	Crunch to the core after any 1hr class- only 30 mins of focus on your mid-section. Come get "crunched"



Located at the Southport Sharks on the corner of Musgrave and Olsen Avenues
Phone 07 5591 5800 **Email** sharksfitness@southportsharks.com.au

Trading Hours

Mon- Thurs 5.30am-9pm
 Friday 5.30am-8pm
 Saturday 7am-3pm
 Sunday 9am-1pm

Crèche Hours

Mon-Fri 8:45am-12pm
 \$2 per hour
 Minimum 2hrs (\$4)