

GrpFITNESS	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am	BODYSTEP Janet	BODYPUMP Julie	BODYATTACK Tioita	BODYCOMBAT Tioita	MEDLEY Julie		
6:30am	BOX FIT Kimmy	CORE CRUNCH Jai	BODYPUMP Juliana	CXWORX Danielle	BODYPUMP Julie		
7:30am						BOX FIT Anil	
8:30am	BODYSTEP Stacey	BODYPUMP Tioita	BODYPUMP Kim	BODYATTACK Tioita	BODYATTACK	BODYPUMP Louise	
9:30am	BODYPUMP David	BODYCOMBAT Tioita	MEDLEY Amanda	BODYPUMP Danielle	BODYCOMBAT David	BODYATTACK Louise	BODYPUMP Tioita
10.30am	BODY ATTACK Sherrel	T.N.T Janet	ZUMBA FITNESS Laura	SH'BAM Shireen	BODYSTEP Karen	SH BAM Lauren	BODYCOMBAT Shireen
11:30am	M.N.M Gina						
3.30pm						BODYSTEP Natalie	
4:45pm	BODYPUMP Amanda	BOX FIT Anil	BODYPUMP NEW Jai	BODYPUMP David	BODY COMBAT Tioita		
5:45pm	BODY ATTACK Sherrel	BODYPUMP Julie	BODYATTACK Stacey	BODYCOMBAT David	ZUMBA FITNESS Laura		
6:45pm	BOX FIT Anil	ZUMBA FITNESS Laura	BODYSTEP Stacey	BODYPUMP Julie	CXWORX Sarah		
7:45pm	SH BAM Lauren	BODYPUMP NEW Sherrel	SH BAM Lauren				

RPM/CYCLE CLASSES

CYCLE	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am	RPM Stacey	RPM Jai	RPM/CYCLE Amanda	RPM PERFORMANCE NEW Stacey	RPM Karen		
6:30am		RPM NEW Libby	RPM Jai			RPM Jai	
7:30am						RPM PERFORMANCE Jai	
8:15am							RPM Julie
9:30am	RPM Danielle	CYCLE Gina	CYCLE Gina	RPM Jai	RPM PERFORMANCE Jai	RPM Julie	
4:45pm	RPM EXPRESS Sarah			RPM/CYCLE Amanda			
5:45pm	RPM/CYCLE Amanda	RPM PERFORMANCE NEW Kim	RPM Craig	RPM Karen			
6:45pm		RPM Karen	RPM EXPRESS Karen				

PILATES/ YOGA/CORE STABILTY CLASSES

MIND-BODY	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:30am		BODYBALANCE Melinda			POWER YOGA Emmanuelle		
7:30am					PILATES Emmanuelle	BEGINNERS YOGA Lesley	
8:30am	FITBALL Kimmy					PILATES Emmanuelle	
9:30am	PILATES Emmanuelle	BODYBALANCE Debbie	HATHA YOGA Danielle	PILATES Kimmy	BEGINNERS YOGA Nicky	HATHA YOGA Emmanuelle	
10:30am	HATHA YOGA Emmanuelle	HATHA YOGA Nicky	PILATES Amanda	BODY BALANCE Debbie	LEVEL 1 YOGA Nicky	CXWORX Louise	YOGA Darren
11:30am	POWER YOGA Kristine	RESTORATIVE YOGA Nicky		BEGINNERS YOGA Nicky			
3:30pm						BODYBALANCE Sarah	BODYBALANCE Sarah
5:00pm	CXWORX NEW Libby	CXWORX NEW Kim	CXWORX NEW Michelle	CXWORX NEW Libby			
5:45pm	BODYBALANCE Sarah	PILATES Emmanuelle	PILATE FUSION Kimmy	HATHA YOGA Amanda	BODYBALANCE Sarah		
6:45pm	YOGA Darren	POWER YOGA Emmanuelle	HATHA YOGA Lesley	BODYBALANCE Sarah			

Please arrive in plenty of time to begin your class **Late arrivals may be refused entry to class**

Class Descriptions

	<p>"RED LIGHT CLASSES" Any class that is red lighted means this class is under review and will be removed from the timetable if attendance numbers do not improve. Please support the classes and instructors that you enjoy!</p>
BODYATTACK	<p>"Jump Start Your Heart" High energy aerobic training with strength and stability exercises. Powerful moves to motivate everyone towards their fitness goals.</p>
BODYBALANCE	<p>"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.</p>
BODYCOMBAT	<p>"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!</p>
BODYPUMP	<p>"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.</p>
BODYSTEP	<p>"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.</p>
BOX FIT	<p>"A dynamic boxing style workout lead by an ex- professional boxer." Boxing technique and circuit drills in a class format. Expect to break a sweat! Please bring \$2 for your glove inners. Available from reception</p>
CORE CRUNCH	<p>"Shred and tone your mid section" Crunch to the core after any 1hr class- 30-45 mins of focus on your mid-section. Come get "crunched"</p>
MEDLEY	<p>" A combination workout to please everyone" This class is designed to keep it fresh & keep you guessing. Great combinations of cardio, weights & abs that will ensure you get to finish your week in style!</p>
M.N.M	<p>"Motivated 'n' Mature" Motivated and mature members- this is the class for you to join to add strength and fitness to your life in a low level situation. Pregnancy or recovery movers are more than welcome also.</p>
CXWORX	<p>"An intense workout to strengthen, tighten & tone the abs and butt" Short, sharp and hugely effective challenging 30 minute workout that consists of exercises that isolate various muscle groups to tighten and tone the abs & butt, improve functional strength & assist in injury prevention like nothing else.</p>
T.N.T	<p>"Tone 'n' Tighten" Tummy hips and thighs meets upper body workout. A low impact toning class targeting specific areas for a complete body workout.</p>
ZUMBA FITNESS	<p>"Ditch the Workout" Find your Latin Grooves and Moves with Zumba fitness</p>
LEVEL ONE YOGA	<p>A combination of physical postures, breathing exercises and meditation designed to improve your mind-body connection and leave you in a state of tranquillity. Incorporates blocks, straps and blankets.</p>
PILATES	<p>Create core strength & stability Super effective training focusing on core strength & stabilisation to assist with alignment & improves posture.</p>
PILATES FUSION	<p>"What a gorgeous blend of pilates and yoga" Core strength and yoga practice fused together.</p>
RESTORATIVE YOGA	<p>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.</p>
HATHA YOGA	<p>A more fluid and energetic style of "Hatha" yoga. "Vinyasa" means "flow". One breath synchronised with one movement.</p>
POWER YOGA	<p>"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.</p>
CYCLE	<p>"A freestyle cycle class with a fresh feel and sound" Ideal for any first time rider. Short on time but not on Cardio. Burning calories and increasing endurance.</p>
RPM EXPRESS	<p>"For a quick ride" A 30 minute class ideal for any first -timers or link this to a regular RPM class for an endurance ride.</p>
RPM	<p>"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.</p>
RPM PERFORMANCE 60min	<p>"A chance to reach peak performance" Ride for an hour to the rhythm of powerful tunes with an inspiring pack leader. This class will push your limits and feed your taste for MORE! The athlete within comes alive through this Performance ride!</p>
SH'BAM	<p>SH'BAM™ is the ultimate fun and sociable way to exercise! Shape up and let out your inner star – even if you're dance challenged! Each 45-minute SH'BAM™ class is vibrant, unique and varied, featuring simple but seriously hot dance moves! Get in the fat burn zone without the "hard work" workout!</p>
FITBALL	<p>A dynamic and varied 45 min workout combining aerobic moves, muscle conditioning & stretching.</p>



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

Trading Hours

Mon - Friday 5.00am-9pm
Saturday 6:00am-5pm
Sunday 7am-5pm

Crèche Hours

Mon-Fri 9:15am-11:45am
Crèche passes available from
reception for bookings