

Group Fitness Class Descriptions



60 mins

The original weights class that strengthens your entire body. This workout challenges all of your major muscle groups by using the best weight room exercises like squats, presses, lifts & curls. Great music, awesome instructors and your choice of weight, inspires you to get the results you came for—and fast!



60 mins

A high-energy interval training class that combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music that will motivate everyone towards their fitness goals. No matter what your fitness level, you'll get fit, stay fit and get fitter!



60 mins

This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music you will strike, punch, kick and kata your way through calories to superior cardio fitness.



60 mins

A Yoga, Tai Chi and Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



60 mins

The latin inspired dance experience! Are you ready to party yourself into shape? That's exactly what the Zumba program is all about, an exhilarating, effective, easy-to-follow, latin inspired, calorie-burning dance fitness party! With contagious steps to a blend of red hot international music you will be addicted in no time!



60 mins

The ultimate indoor cycling experience. From the beginner to the advanced, Cycle will help you burn some serious calories and increase your strength and stamina. Your instructor will take you to your limits and beyond.....

Yoga 60 mins

Exercise your mind, body and soul. This is the ideal class for participants wanting to relieve built up stress and stretch out those tired muscles. A great way to improve your flexibility whilst enjoying some relaxation. Mats are provided, or if you prefer you can bring your own.

Pilates 60 mins

This class focuses on developing the strength in the "core" muscles. The emphasis is on improving muscle control, flexibility and coordination. This class is low impact and benefits those who feel they need to work on their posture and alignment. Mats are provided or if you prefer you can bring your own.

Total Body 60 mins

A freestyle resistance training workout to strengthen and tone your entire body. You will be taken through a wide variety of exercises designed to increase your strength, tone and shape your body and improve your overall fitness.

Group Fitness Timetable

Effective
31 October - 26 February

~ HOLIDAY TRADING HOURS ~

Mon - Fri 6am - 7.30pm

Saturday 9am - 2pm

Sunday 10am - 1pm

Xtrainers will be closed from
24 December - 2 January
for the Xmas/New Year break



Student Guild
Griffith University Gold Coast

Griffith University, Located in The Link Building (G07)

Underneath the Unibar










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Group Fitness Timetable

Time	Mon	Tues	Wed	Thur	Fri	Sat
6:30am						
1:00pm	PILATES					
4:15pm			PILATES			
5:00pm						
5:15pm						
6:00pm		YOGA		TOTAL BODY		
6:15pm						

Bring a friend and enjoy one of our awesome group fitness classes today!

Group Fitness Policies

- ◆ Please arrive 5 to 10 minutes prior to the class commencing. For safety reasons late arrivals will not be admitted.
- ◆ Please do not enter the group fitness studio unless you are accompanied by a staff member
- ◆ To participate in the class you must present the instructor with a group fitness participation card—these can be obtained from the reception when checking in
- ◆ Please ensure you have the correct clothing and footwear to participate in the class
- ◆ No bookings are taken for classes, it is a first come first serve basis
- ◆ There is a minimum of two class participants required in order to run a class. Those who attend a class that is cancelled are entitled to use the gym area as an alternative
- ◆ A “red flag” system will be used for classes that are low in attendance. If a “red flag” appears on the timetable board in the club this means it may be cancelled or changed to another day if it is not supported



All classes are designed for the beginner to the advanced so please feel free to try any class!

We hope you have the ultimate group fitness experience!