



STRAND FITNESS

# Southside Timetable

Group Fitness, Group Training & Wellness Timetable



Timetable effective: Monday 20th January 2025

	MON	TUES	WED	THUR	FRI		SAT	SUN
5:00AM	COMING SOON	COLOSSEUM	COMING SOON	COLOSSEUM	COMING SOON	8:00AM	SCULPT	Yoga
9:30AM	COLOSSEUM	COLOSSEUM	COLOSSEUM	COLOSSEUM	COLOSSEUM	9:00AM	LES MILLS BODYCOMBAT	
9:30AM			Yoga	Pilates	LES MILLS BODYATTACK			
9:30AM				AQUA FITNESS				
10:30AM	Yoga	ZUMBA		ZUMBA	LES MILLS BODYPUMP			
4:30PM		COMING SOON		COMING SOON				
5:30pm	absbutts & thighs	LES MILLS BODYATTACK	COMING SOON	LES MILLS BODYCOMBAT	Yoga Reset			
5:30PM	COLOSSEUM	COLOSSEUM	COLOSSEUM	COLOSSEUM				
6:30PM	LES MILLS BODYCOMBAT	Pilates	Yoga	LES MILLS BODYPUMP				
6:30pm	COMING SOON		COMING SOON					

\*T&Cs apply. Timetable & classes subject to change with no notice. Colosseum and Wellness classes are available to VIP membership holders at no additional cost. Please note: attendance to all Group Training and Creche Sessions must be booked via our Club Fit management system or spot is not ensured. Reformer Pilates classes only available to VIP Gold membership holders.

## Booking Etiquette

- 1 Class booking **cut-off time is 30 minutes**. To book with less than 30 minutes before the class starts, please call us to ensure a spot is available. Failure to cancel at least two hours prior may result in a **\$5 late cancellation fee** charged to you. With limited spots available, this is to ensure no one misses out on their favourite class.
- 2 **No booking, no attendance**. All classes, sessions and creche sessions must be booked in via the app. If you are having trouble accessing the app, please see us at reception.
- 3 If you are unable to make the class, session or creche session, please **cancel your booking** through the app to allow others the chance to attend.
- 4 If you don't attend and don't cancel prior to the class, session or creche session starting, a **\$5 no show fee** will be charged to you. This is to ensure no one misses out on their favourite class.

## MY CLUB FITNESS APP SCAN THE QR CODE



IOS



ANDROID



WEBSITE

Manage your membership, book classes and creche through the app! See us at reception if you require assistance.



SF Southside (AJ's Sports Centre)  
43 Endiandra St, Algester  
info.ajs@strandfitness.com.au  
07 3273 2978 - Option 1

SF TOWNSVILLE CBD  
719 Flinders Street, Townsville  
admin@strandfitness.com.au  
07 4772 0002 - Option 1

SF NORTH SHORE  
2-4 Main Street, Burdell  
northshore@strandfitness.com.au  
07 4772 0002 - Option 2

SF CENTRAL  
389 Woolcock Street, Garbutt  
central@strandfitness.com.au  
07 4772 0002 - Option 3

Due to health safety and ensuring guidelines are abided by, the below classes must be booked in, if you arrive without a booking your spot in class is not guaranteed. You only need to bring a towel and water bottle with you. Please see the instructor before the class to setup the equipment.

## Class Descriptions

### LES MILLS BODYPUMP

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories\*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation, and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

### LES MILLS BODYCOMBAT

Step into a BODYCOMBAT® workout and you'll punch and kick your way to fitness, burning up to 570 calories\*\* along the way. This high-energy martial arts-inspired workout is totally non-contact and there are no complex moves to master. A LES MILLS™ Instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

### LES MILLS BODYATTACK

BODYATTACK® is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ Instructor will pump out energising tunes and lead you through the workout – challenging your limits in a good way, burning up to 555 calories\*\* and leaving you with a sense of achievement.



A fuse of hypnotic Latin rhythms and easy to follow moves featuring a combination of interval and resistance training to tone and sculpt your body while burning fat.



A.B.T is a fun class designed to work the legs, booty & abs. This class will mainly contain weighted exercises with high reps to help tone and shape those abs, bums and thighs. A.B.T is a class with a high burn & is designed to suit all fitness levels and abilities. Target those stubborn areas with the help of our experienced team.



A low impact freestyle class with a mixture of different training styles. Freestyle Sculpt utilises barbell's, weight plates, body weight, bands and other resources to help build muscle and shape the entire body in a 60 minute class.

#### AQUA FITNESS

Aerobics in the water! A fun, energetic class with water based benefits of resistance and low impact for joints. This is a great low impact class designed for people of all fitness levels. Great for beginners, rehabilitation and pregnancy.



**BUILD STRENGTH,  
IMPROVE CARDIO,  
GET RESULTS.**



SF45 equals the ultimate time-efficient workout that covers all your bases in Group Training. Enjoy the ease of being guided and motivated by our friendly coaches, meeting like minded people and training a variety of cardio, strength or metabolic conditioning focused programmes.

We rotate our workout focus from week to week and keep each class different so you can get a range of workout focuses and programming no matter the days you can make class.

The workouts can be scaled to your own ability and level, making it ideal for beginners or seasoned athletes. We encourage people of all fitness levels to give it a go and see for themselves why SF45 is so popular! SF45 is available to VIP membership holders. Active members can attend these classes for an additional cost. Class is available at all SF locations.



### COLOSSEUM

The Colosseum is our custom-built cross-training program which includes all the equipment you need for high intensity interval training (HIIT) or strength training. From sleds, Olympic rings, power rack and cable machines to monkey bars, kettlebells, medicine balls, and elastic resistance training – this area has you covered. We have several classes that take place in this area a week, the only question is: are you game?

**Wellness Hub classes available to VIP membership holders. Active members can attend these classes for an additional cost.**

**Yoga** is a class at a deliberate pace to reset your mind and body. We'll explore a variety of tools to stretch, strengthen, and twist, including breath and core work, vinyasa (flow), balance work, and mindfulness strategies. You will be holding poses a bit longer to build flexibility and strength, while occasionally pausing to work on the specifics of the architecture of each pose. Alignment cues throughout the practice will help you move mindfully and gain a greater understanding of your yoga practice.

**Pilates** is the perfect blend of deep muscle toning, stretching, and balancing. Develop core strength, flexibility, balance, and stamina. It is a structured, easy-to-follow total body workout, ensuring you get a challenging workout every time! And best of all fitness levels are welcome.

### Interested in Reformer Pilates?

**Ask us about the VIP Gold Membership for access to Reformer Pilates classes. Not sure what Reformer Pilates is all about? Ask us about the Beginners Program**



#### JANUARY STAFFED HOURS:

Monday - Thursday: 5:00am to 9:00pm  
Friday: 5:00am to 8:00pm  
Saturday: 8:00am - 6:00pm  
Sunday: 8:00am - 5:00pm

#### CRECHE HOURS:

Monday - Friday: 9:00am to 11:45am  
Monday - Thursday: 4:00pm to 6:30pm  
Saturday : 8:00am - 11:30am

24 hour access only for members. 24 hour access is weights and cardio equipment only. Recovery areas such as swimming pools and saunas are only available during staffed hours. Creche is 1 hour maximum. No back to back sessions can be booked. Creche casual and unlimited options available - see us at reception for more information.