



STRAND FITNESS

# Southside Timetable

Group Fitness, Group Training & Wellness Timetable



Timetable effective: Monday 14th April 2025

	MON	TUES	WED	THUR	FRI		SAT	SUN
5:00AM	COMING SOON	SF 45+ VIP GOLD	COMING SOON	SF 45+ VIP GOLD	COMING SOON	8:00AM	SCULPT	Yoga
9:30AM	SF 45+ VIP GOLD	SF 45+ VIP GOLD	SF 45+ VIP GOLD	SF 45+ VIP GOLD	SF 45+ VIP GOLD	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	absbuits & thighs	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	Yoga Reset			
5:30PM	SF 45+ VIP GOLD	SF 45+ VIP GOLD	SF 45+ VIP GOLD	SF 45+ VIP GOLD				
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. Please note: attendance to all classes and creche Sessions must be booked via our Club Fit management system or spot is not ensured. Reformer Pilates & SF45 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.



Strand Fitness Southside  
43 Endiandra Street, Algester  
southside@strandfitness.com.au  
07 3273 2978

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.

#### 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.



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

**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.

**Mat 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.

## VIP Gold Membership Classes



**BUILD STRENGTH,  
IMPROVE FITNESS,  
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 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 Gold membership holders.

#### Our Programming Focus

Our programming is designed to meet you at your fitness level and allow you to constantly see progression. We use a range of functional style movements that will help improve all aspects of life from ease of movement, support performance, and your overall health and wellbeing. 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.

#### Build Strength

You'll build strength in SF45 with workouts focusing on smaller rep ranges and heavier loads. You'll build functional strength through compound movements like squats, cleans, push jerks and more. Our movements are easy for anyone to learn with the complexity kept simple. You'll be guided through strength movements with tips on form and progression.

#### Improve your Conditioning

Our programming also included cardio focused workouts to improve your conditioning and aerobic conditioning. These will focus on getting your heart-rate up whether its with cardio equipment or a fast paced workout.

#### Metabolic Conditioning

Improve your overall performance with metabolic conditioning. In these workouts we mix strength and endurance, getting your heart-rate up and conditioning you to perform under fatigue. These workouts have a range of health benefits like improved heart health, sleep, ageing and overall health and well-being. You'll find your fitness improve where you'll be able to perform under fatigue.

## REFORMER PILATES

Reformer Pilates is a Pilates method that uses an apparatus known as the Pilates Reformer. While the equipment might look odd at first, the Reformer is an incredibly versatile piece of equipment, whether you're rehabbing an injury or wanting a head-to-toe workout. Invented by the German Pilates Method founder, Joseph Pilates, in the 1920s, the Reformer machine was – true to its name – built to 'reform' the body. This piece of specialist equipment consists of a bed-like frame with a sliding platform or carriage and a system of springs, pulleys and ropes. The carriage moves on wheels back and forth within the frame, with the adjustable springs at the foot of the bed creating varying levels of resistance. At Strand Fitness, we offer both instructor lead and virtual classes in our studio. Reformer Pilates is available to VIP Gold membership holders. To see class schedule, please see the Reformer Pilates Timetable.

#### Interested in VIP Gold Membership?

Ask us about the VIP Gold Membership for access to Reformer Pilates classes and SF45 classes.



#### 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 11:30am  
Monday - Thursday: 4:00pm to 6:30pm  
Saturday : 8:00am - 11:30am

#### OASIS & POOL OPERATING HOURS:

Monday - Thursday: 5:00am to 8:45pm  
Friday: 5:00am to 7:45pm  
Saturday: 8:00am - 5:45pm  
Sunday: 8:00am - 4:45pm

The Oasis Bathrooms & lockers are only available during the Oasis staffed operating hours. Operating hours are subject to change.