

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY RISERS	5:30AM		SPIN30 MARDI	LES MILLS BODYPUMP KELLY	SPIN RUSTY	
	6:00AM	X-TRAIN RUSTY	BOXING RUSTY			X-TRAIN RUSTY
	7:30AM	GENTLE X-TRAIN BRONI	PULSES JULES	CORE N' MORE CAMILE	PULSES JULES	
MORNINGS	8:00AM					SPIN CORE BRONI
	8:30AM	INTERVAL TRAINING CAMILE	PILATES MARINA	YOGA LINDSAY	BOOTY +1 DEB	GENTLE X-TRAIN CAMILE
	9:00AM					YOGA JEN
	9:30AM	LES MILLS BODYPUMP SUNDAY	X-TRAIN SUNDAY	INTERVAL TRAINING DEB	LES MILLS BODYPUMP DEB	ACTIVE ABT CAMILE
	10:30AM	YOGA LISA	LES MILLS BODYBALANCE SUNDAY		LES MILLS BODYBALANCE SUNDAY	
	5:00PM	SPIN CORE RUSTY				
AFTERNOONS	5:30PM			ZUMBA FITNESS ZOE	LES MILLS BODYPUMP JULES	
	6:00PM		SPIN30 CAMILE			
	6:30PM	ZUMBA FITNESS ZOE	LES MILLS BODYPUMP Miss SUNDAY	BOOTY +1 DEB	BOXING RUSTY	
	7:30PM	YOGA LISA		YOGA LISA	PILATES MARINA	



Intensity Colour Code



**BLUE** is for **LOW** intensity sessions. These classes are based on a slow moving but effective format.

**GREEN** is for **INTERMEDIATE** intensity training sessions. These classes are great for strength and conditioning with some weights and body resistance exercises.







**RED** is for **HIGH** intensity sessions. These classes are fast moving with high energy instructors. This class is for the fit at heart or those who just want to push their body to a new limit for that awesome feeling!

**STAFFED HOURS**

Monday-Thursday 8:30AM - 6:00PM  
 Fri 8:30AM-12PM / Sat 8AM - 11AM  
[www.revolutionatseagulls.com.au](http://www.revolutionatseagulls.com.au)

**CRECHE HOURS**

Mon-Fri 8:30AM - 11:30AM / Sat 8AM - 11AM  
 Phone: 07 5587 9011  
 Email: [fitness@seagullsclub.com.au](mailto:fitness@seagullsclub.com.au)

 <b>GENTLE EXERCISE</b>	This class is for the seniors, its low intensity with great music and a good fun variety workout. Our instructor will carefully take you through your paces.
 <b>PILATES</b>	A system focused on improving your movement and daily abilities within your life. Doing Pilates will increase your flexibility and improve strength.
 <b>LES MILLS BODYBALANCE</b>	Per-choreograph Les Mills class combining yoga, Pilates, stretching, tai chi and meditation. This class helps lengthen muscle, release tension and leave you with an overall sense of balance and calm.
 <b>YOGA</b>	Unites the body, mind and spirit and can help with align posture and increase range of movement. It increases flexibility, endurance, balance and promotes relaxation from stress. All levels welcome.
 <b>CORE N' MORE</b>	Welcome to your new strong core. This class offers balance, stability and great all-round core strength. It's very important to activate your core as it's the centre piece of your body. So pop into this class and may the core-n-more be with you.
 <b>LES MILLS BODYPUMP</b>	This is a pre-choreographed Les Mills class performed to fun music, using barbells and adjustable weight plates for tone & conditioning. Suitable for all fitness levels
 <b>ACTIVE ABT</b>	Your most needed areas, Abs, Butt and Thighs. Let's make them toned. Designed for Targeting the core, legs, and glutes, to strengthen and improve core stability. Want tone Glutes This is the class for you!
 <b>BOOTY +1</b>	The name says it all..... Great buns and an awesome look. That's the plan with this class, and also we will be adding a little something different to take if fully away from the bum.... we call it <b>+1</b> . So come and join in this session and feel the change happen.
 <b>ZUMBA</b>	A fusion of Latin and International dance themes that create a dynamic, exciting and effective fitness system. The routines feature fast and slow rhythms Dance yourself FIT!
 <b>SPIN</b>	Doing 3 spin classes a week can burn up to 1,800 calories. We only have one spin class per-week that runs for one hour and can burn up to 400-800 calories. But this all depends on how much effort you put in.
 <b>SPIN CORE</b>	30 Minutes Bike and 30 Minutes Core. A great cardio session with an awesome 30min ab/core routine to help maintain a better shaped core. So get crunchin'
 <b>SPIN30</b>	In just 30-Minutes on the bike will challenge your physical and mental limits. A quick style of training that returns rapid results with minimal joint impact. Burning calories for hours after stepping of the bike.
 <b>X-TRAIN</b>	A mix of Cardio, Weights & Floor work. Great music for each set of exercises and a top way to keep you feeling great. Using a variety of exercise stations this session will help tone and condition your body whilst improving your cardio capacity, muscle tone and core strength. A number one all over workout.
 <b>BOXING</b>	Learn the basic techniques of boxing while focusing on your fitness and speed. Hook, jab and uppercut through a range of circuit style stations. This class is based on high level cardio strength and mind determination. So jump into boxing and punch your way to fitness and confidence.
 <b>INTERVAL TRAINING</b>	This class combines strength, cardio and plyometric training in high intensity intervals followed by active rest and recovery all to motivating music. Also offers aerobic and anaerobic challenges, provides fat burning opportunities, improves athletic performance, improves endurance, accelerates fitness gains, enhances upper and lower body strength. With two classes a week..... Tell ya self.... lets give this class a ago.