

GOLD COAST RECREATION PRECINCT

GROUP FITNESS CLASSES

Winter timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 – 6:45am	Stronger Enduro	Active and Healthy Pilates*	HIIT	Active and Healthy Pilates*	Stronger Enduro
8:00 – 8:45 am	Circuit	Strength and Movement	HIIT	Circuit	Strength and Movement
9:15 – 10:00 am	Low Impact Exercise	Stronger Enduro	Low Impact Exercise	HIIT	Circuit

GROUP FITNESS

PILATES

Classes are subject to change. Suitable for all fitness levels. Wear enclosed shoes and bring a water bottle and towel.

*Class not included in membership.

Sign up now

Book online via our membership portal



Contact us

-  @GCRecreationPrecinct
-  07 5669 2100
-  gcrecgym@dtis.qld.gov.au
-  1525 Gold Coast Highway, Palm Beach QLD 4221



Queensland
Government

CLASS DESCRIPTION

PILATES

Active and Healthy Pilates

A low-impact workout focusing on core strength, flexibility, and balance. Performed on a mat, this class uses controlled movements, proper alignment, and mindful breathing. Suitable for all levels.

GROUP FITNESS

Combat Fit

Combat Fit uses dynamic movements for a full-body workout. This class improves coordination while delivering an empowering and fun training experience.

HIIT

This high intensity interval class is a fast-paced workout that alternates between short bursts of intense exercise and brief recovery periods.

Low Impact Exercise

Slow and gentle but challenging movements incorporating deep breathing and balance.

Strength and Movement

Gentle circuit-style class using weights and mat work to tone the body while working on flexibility and mobility.

Stronger Enduro

Test your endurance with a diverse combination of strength and bodyweight work.

Circuit

Our circuit training class combines strength, cardio, and core exercises at different stations to keep you moving and challenged.

Centre opening hours

Monday–Friday: 6 am – 8 pm

Saturday: 6 am – 5 pm

Sunday: 7 am – 3 pm

Gym opening hours

Monday–Friday: 5 am – 8 pm

Saturday: 6 am – 5 pm

Sunday: 7 am – 3 pm

Accepting Fitness Passport

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