

# TOWNSVILLE SPORTS PRECINCT

## GROUP FITNESS CLASSES



	5:30–6:15 AM	6:15–7:00 AM	8:15–9:00 AM	9:00–9:45 AM	5:30–6:15 PM
MON	STRENGTH ●	STRENGTH ●	STRENGTH ●	STRENGTH ●	
TUE	INTERVAL ●	INTERVAL ●	INTERVAL ●	INTERVAL ●	INTERVAL ●
WED	BOXFIT ●		STRETCH & CORE ●	BOXFIT ●	STRENGTH ●
THU	STRENGTH ●	STRENGTH ●	STRENGTH ●	STRENGTH ●	BOXFIT ●
FRI	INTERVAL ●		STRETCH & CORE ●	INTERVAL ●	

### STRENGTH ●

A full-body workout designed to build strength, suitable for beginners, through to experienced lifters. Learn correct movement patterns and options to suit your capabilities. This session is low impact and perfect for all fitness levels.

### STRETCH & CORE ●

A 30-minute low impact, low intensity class focused on core strength and mobility, perfect for beginners and experienced exercisers. This class promotes longevity and recovery.

### INTERVAL ●

This session is designed to increase overall fitness using a mix of cardio and strength movements to target your entire body. This session can be adapted to suit all fitness levels.

### BOXFIT ●

A mix of boxing and interval training to improve your cardiovascular fitness, co-ordination, power and agility—all while having fun and burning calories. All equipment provided.



(07) 4722 5389



tspgym@dtis.qld.gov.au



24 Burke St, North Ward,  
Townsville 4810



Mon–Fri 5:30am–8:00pm  
Saturday 7:30am–1:00pm

● LOW INTENSITY ● MEDIUM INTENSITY ● HIGH INTENSITY

Schedule is subject to change. Bookings are essential.  
Please wear enclosed shoes and bring a towel and water bottle.



Scan QR code  
for membership  
information

[www.qld.gov.au/townsville-sportsprecinct](http://www.qld.gov.au/townsville-sportsprecinct)



Queensland  
Government