

# GROUP TRAINING TIMETABLE

**PLANET FITNESS GOSFORD**  
The Judgement Free Health Club

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM		Les Mills BODY PUMP EXPRESS (45min) 		SPINN 		
8:30AM	YOGA 				YOGA 	SPINN 
9:15AM						Les Mills BODY PUMP 
9:30AM	XTRAINER 	XTRAINER & SPINN (30min ea) 	XTRAINER 	Les Mills BODY PUMP 	DANCEFIT SPINN 	
10:30AM			PILATES 			PILATES 
4:15PM	DANCEFIT 		DANCEFIT 			
5:30PM	Les Mills BODY PUMP 	SPINN 	PILATES 	HIIT 		
6:30PM	SPINN 	6:00PM YOGALATES 	Les Mills BODY PUMP 			
7:30PM	YOGA 	7:15PM DANCEXPRESS (45min) 	ZUMBA 	YOGA 		



**STRENGTH**



**HIIT**



**CARDIO**



**WELLBEING**

PUFF  
RATE

**HOW PUFFED WILL I BE?**

# CLASS DESCRIPTIONS

All classes run for 1 hour unless specified otherwise.

<b>BODY PUMP</b> Puff Rating: 3	Les Mills' classic workout challenges all your major muscle groups with exercises like squats, presses, lifts & curls. Your weight selection will determine the intensity, thus this class is suitable for beginners to advanced participants.
<b>HIIT</b> Puff Rating: 4	A high intensity interval style workout, which incorporates cardiovascular moves with a mixture of Tabata, XTrainer, functional training, core strength and weight exercises. This class is designed to push you to your limit. Be prepared for a challenge! (45min)
<b>YOGA</b> Puff Rating: 3	The ancient practice of yoga designed to centre the mind, calm the body and reduce stress. This class involves flow, strength and yin restorative poses. Think you're too tough for yoga? Think again - Namaste.
<b>PILATES</b> Puff Rating: 2	Pilates is a body conditioning routine that can help flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips and back. It puts emphasis on spinal and pelvic alignment, breathing and developing a strong core or centre, and improving coordination and balance.
<b>YOGALATES</b> Puff Rating: 3	Buddha meets ballet! Yoga poses combined with the lengthening and strengthening of the core. This mind/ body class is fabulous for beginners to advanced participants.
<b>XTRAINER</b> Puff Rating: 5	The body's ability to move functionally is challenged every week using HIIT style body weight exercises, power and plyometric moves, barbell and hand weights. Progressional exercises are offered for all fitness levels. (45min)
<b>XTRAINER + BOXING</b> Puff Rating: 5	The body's ability to move functionally is challenged every week using HIIT style body weight exercises, power and plyometric moves, barbell and hand weights. Progressional exercises are offered for all fitness levels. PLUS Boxing (BYO gloves) Incorporating high intensity and strength moves for maximum calorie burning effect. A guaranteed good time, although your arms may tell a different story the next day!
<b>SPINN</b> Puff Rating: 4	Cardio training meets inspired playlists with a variety of drills, intervals and team challenges. Climb, sprint and let the energy move you. Each bike has its own resistance dial, so it's perfect for all fitness levels - your bike, your intensity, your ride. For the pro cyclist, spend some time concentrating on the road just the ride. (45min)
<b>ZUMBA</b> Puff Rating: 3	A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class!
<b>DANCEFIT</b> Puff Rating: 3	Bollywood, jazz, musical theatre, conditioning, strength and hip hop. It's a full cardio workout that's heaps of fun for all ages and stages of fitness.

## FEES FOR GROUP FITNESS CLASSES

\$4 for Fast-Track Members

\$15 for non-members for group fitness classes

Guests of Platinum members are welcome to join in the fun at the same price as our members. Please ensure that you collect a token before the class. This can be collected 30 mins prior to the commencement of the class.

## OPENING HOURS:

Mon - Wed 5:00am - 10:00pm

Thurs - Fri 5:00am - 9:00pm

Saturday 8:00am - 6:00pm

Sunday 9:00am - 6:00pm

## CRECHE HOURS:

Monday - Friday Morning 9:00am-12:00pm

Tuesday Afternoon 5:30pm-8:30pm

Wednesday Afternoon 4:00pm-7:00pm

Saturday Morning 8:30am-11:30am

## CRECHE COST:

\$4.50 for 1 Child

\$7.00 for 2 Children

\$9.00 for 3+ Children