

LES MILLS BODY PUMP Body Pump is a barbell inspired workout for anyone looking to build strength, shape and tone their body while increasing their fitness level with a full body workout.

CYCLE A fantastic freestyle workout building your endurance and providing great cardiovascular training for any fitness level.

BOXING This class will be sure to have you walking away stress free after a great cardiovascular workout using boxing techniques and drills to increase your overall endurance, co-ordination and stamina.

CYCLE/BOX (55min) A great mix between lower and upper body, increasing that calorie burn with 25 minutes of Cycle and 25 minutes of Boxing.

ATHLETIC High intensity workout using athletic movement with Dumbbells, Barbells, Kettlebells, Sled, Battle Ropes and much more to increase strength, speed and agility while keeping you in the fat burning state.

MET-CON This class uses functional weights based exercises mixed with your gymnastic, running/rowing movements to get your heart rate to its maximum potential.

FAT BURNER This fun class will get your blood pumping. Low impact options for a safe effective workout for all levels of fitness.

ATHLETIC STEP Easy to follow, strong powerful moves that can be adjusted to suit all fitness levels.

TABATA An interval training workout based on 20 seconds of maximum effort, followed by 10 seconds of rest for 4 minutes at a time.

INSANE Want to be challenged? Insane is a high intensity body weight class working every muscle in the body to the individuals maximum capacity.

STRONG This class will see you working with a structured strength program on the gym floor using barbells, dumbbells and machines to not only increase strength but improve posture and stability!

MATURE MOVERS (50+) A gentle low impact class designed to unlock your body from pain and help you move with freedom in everyday life.

MATURE STRENGTH (50+) Aimed to increase strength around all of your major muscle groups to benefit with everyday life like walking upstairs, picking things up of the ground and much more.

Mind and Body

FITBALL PILATES Incorporating elements of yoga, martial arts and other forms of exercise, this class will help improve posture, strength and flexibility while using a fit ball.

PILATES The best way to improve posture, strengthen core, prevent injuries and reshape your body. Class may include thero bands, swiss ball and foam rollers for variation and diversity. All fitness levels catered for.

HOT PILATES Using Pilates principles, Hot Pilates is a challenging, full body, low impact, high intensity workout. It is performed on a yoga mat in a heated room. Hot Pilates strengthens muscles and burns fat - all without the pounding of a high impact workout. Great for all fitness levels.

BALANCE A mind and body class that will help you increase flexibility and strength while moving through a series of stretches, poses and breathing exercises to leave you feeling centered and calm.

HOT 26 & EXPRESS HOT 26

not suitable for pregnancy

An athletically challenging series of 26 postures and two breathing exercises which are suitable for most fitness levels. Based on the Bikram Yoga format.

POWER VINYASA YOGA The room is heated to 32 degrees to aid in detoxing the body, through sweat and increased blood flow.

YIN A beautiful, quiet practice, Yin Yoga is suitable for all levels of students in a non-heated room.

BARRE FUSION Our Barre Fusion class is a total body workout – Targeting upper body and lower body with a ballet influence. The class finishes with some core and stretching.



OPENING HOURS

Mon, Tue, Wed 5.30am - 9.30pm

Thu, Fri 5.30am - 9pm

Sat 7am - 6pm

Sun 9am - 6pm

CRÈCHE HOURS

MON	Morning	9am - 1pm
	Afternoon	4 - 7.30pm
TUE	Morning	9am - 1pm
	Afternoon	4 - 7.30pm
WED	Morning	9am - 1pm
	Afternoon	4 - 7.30pm
THU	Morning	9am - 1pm
	Afternoon	4 - 7.30pm
FRI	Morning	9am - 1pm
SAT	Morning	7 - 11am

BOOKINGS ESSENTIAL



Located in Central Coast Leagues Club
Level One - 1 Dane Drive Gosford | 02 4325 9879

www.cclcfitness.com.au

SPRING | SUMMER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

STUDIO ONE	5.45am	Met-Con	Athletic	Met-Con	Strong	Boxing	
	6.45am	Athletic (30min)					
	9.30am	Tabata		Boxing	Met-Con	Fat Burner (30min)	Refer to online timetable
	10.00am					Athletic Step (30min)	
	10.30am		Mature Strength		Mature Strength	Fitball Pilates (30min)	
	11.15am	Mature Movers		Mature Movers		Mature Movers	
	12.15pm			Balance		Met-Con	
	12.45pm	Insane (30min)					
	1.00pm		Met-Con	Athletic (45min)			
	1.15pm	Boxing (30min)					
	5.30pm				Tabata		
6.30pm		Strong					

CYCLE	6.45am		Cycle (30min)				
	8.30am					Refer to online timetable	
	12.15pm	Cycle (30min)	Cycle (30min)	Cycle (30min)	Cycle (30min)		
	5.30pm		Cycle				
	6.30pm	Cycle		Cycle/Box			

MIND + BODY	6.00am	Express Hot 26				Express Hot 26	
	7.30am					Express Hot 26	
	9.45am	Power Vinyasa Yoga	Express Hot 26		Yin Yoga	Express Hot 26	Power Vinyasa Yoga
	11.15am				Pilates		
	12.15pm	Balance	Hot Pilates				
	1.00pm				Barre	Yoga	
	4.00pm						Hot 26 (90min)
	4.30pm		Barre				
	5.45pm	Hot 26 (90min)	Power Vinyasa Yoga	Hot 26 (90min)	Power Vinyasa Yoga	Power Vinyasa Yoga	
	6.30pm	Pilates					
7.30pm		Express Hot 26		Express Hot 26			