

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.

CYCLE EXPRESS (30min) Are you time poor? Do you only have a lunch break to fit your work out in? then cycle express might be for you. Getting the same great benefits as our 45min format in 30min.

BOXING The king of stress release using boxing techniques, combos to help develop core strength endurance and co-ordination while throwing punches.

CYCLE/CARDIO A great mix between lower and upper body to increase the calorie burn with 20min Cycle and 20min of Strength Based Cardio followed by 5min Cool down.

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 Using functional weights-based exercise mixed with your gymnastic, running/rowing movement 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.

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 A form of exercise that will sculpt your body in a unique way. Focuses on core strength n stability. Improves posture, breathing techniques, lengthening and stretching tight and injured muscles. A must try for all levels

BEGINNER YOGA The beginner class introduces the fundamental principles of alignment and breath work in a flow of postures linked together by the breath. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. This class is suitable for not only beginners, but even our advanced students will benefit from this class

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 YOGA 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.



AUTUMN

OPENING HOURS

Mon, Tue, Wed 5.00am - 9.00pm
 Thu, Fri 5.00am - 8.30pm
 Sat 7.00am - 6.00pm
 Sun 9.00am - 6.00pm

CRÈCHE HOURS

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

BOOKINGS ESSENTIAL



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

www.cclcfitness.com.au



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

STUDIO ONE	5.10am	Met-Con Express		Met-Con Express			
	5.45am	Barbell	Athletic	Met-Con	Strong	Boxing	
	6.45am	Athletic		Athletic			
	9.30am	Boxing		Boxing	Met-Con	Fat Burner (30min)	
	10.00am					Athletic (30min)	
	10.30am		Mature Strength		Mature Strength	Fitball Pilates (45min)	
	11.15am	Mature Movers		Mature Movers		Mature Movers	
	12.15am					Met-Con	
	12.45am	Insane (30min)					
	1.00pm			Athletic	Barbell		
	1.15pm	Boxing (30min)					
	5.30pm				Tabata		
	6.30pm		Strong	Athletic Express			
	7.00pm			Met-Con Express			

CYCLE	6.45am		Cycle Express				
	8.30am					Cycle	
	12.15pm	Cycle Express		Cycle Express	Cycle Express	Cycle Express	
	1.00pm		Cycle Cardio (45min)				
	5.30pm		Cycle				
	6.30pm	Cycle					

MIND & BODY	6.00am	Express Hot 26		Yin Yoga		Express Hot 26	
	7.30am					Express Hot 26	
	9.15am					Hot Pilates	
	9.45am	Yin Yoga	Express Hot 26	Power Vinyasa Yoga	Yin Yoga		Power Vinyasa Yoga
	12.15pm	Balance	Hot Pilates	Balance	Pilates	Express Hot 26	
	1.00pm				Barre	Yoga	
	4.00pm		Barre				Hot 26
	5.45pm	Hot 26 (90min)	Power Vinyasa Yoga	Hot 26 (90min)	Power Vinyasa Yoga	Power Vinyasa Yoga	
	6.30pm	Pilates	Beginners Yoga S2				
	7.30pm		Express Hot 26		Express Hot 26		