

NLC Group Fitness Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30		Circuit (45 min)		Circuit (45 min)	Yoga Flow		
6:45	Noosa Yoga	Pickleball 6:45 - 8:45am	Noosa Yoga				
7:00	Pickleball 7:00-9:45am					Yoga	
7:30				Lite Fitness Pilates			
7:45	Dance Nation	Body Moves	Qi Gong		Lite Fitness		
	Chair Yoga						
8:00	Lite Fitness		Lite Stretch			Qi Gong 8:15am start	Pickleball
8:45				Pound			
9:00		Pilates Fusion			Core Fitness*		
					Zumba w/ Sarah		
9:15	Core Fitness*		Zumba*				
	Dance Nation Lite						
9:30				Boxfit		Soulfit Dance*	
9:45				Dance Nation			Noosa Yoga*
10:00	Badminton			Badminton			Pickleball
10:15		Pure Strength			Fitness Pilates*		
10:30	Pilates Fusion		Power Bar*				
11:00		Yoga		Stretch, Flow, Mobility			
11:45	Lite Stretch						
12:00		Soulfit Dance*				Pickleball 12:00-1:30pm	
16:00			Yoga for Core				
17:00				Fitbarre			
18:00				Pickleball 6:00 - 8:00pm			

Social Ball Sport
 Group Fitness Class
 Active Mums Class *

Class Descriptions

Body Moves

A mix of low impact aerobics and body conditioning. The aim of the class is to work all major muscle groups incorporating aerobic activity, strength and endurance exercises, balance and stretching.

FitBarre

If you want to achieve a lean dancer's body, strong back, flexibility and get fit whilst improving your posture and without a hectic cardio routine then this is the class for you!

Lite Fitness

A fun way to get and stay fit. Exercise at your own pace under the guidance of a motivating instructor. Aimed at the over 50's but everybody welcome.

Pilates Fusion

Pilates Fusion is a blend of stretching, Yoga and Pilates. The classes are customized to the participant's ability and will increase strength and flexibility and improve posture.

Qigong

Qigong is a moving meditation that coordinates slow, deep breaths with simple movements and visualization. It promotes health and wellbeing and initiates transformation on all levels through self-empowerment.

Yoga Flow

A more dynamic practice with creative sequencing and different variations of traditional poses

Circuit

This is a general strength and conditioning class set up in circuit stations changing the exercise intent on each station. Your results will include functional movement, core conditioning and cardiovascular fitness.

Fitness Pilates

A modern Pilates class designed to strengthen the entire body. Breath and technique are a focus in developing good postural foundations to engage the muscles and improve mobility and body control.

Lite Fitness Pilates

This Pilates class works on training the body as an integrated whole. Pilates workouts promote strength and balanced muscle development as well as flexibility and an increased range of motion for the joints.

Power Bar

Power Bar is a full-body, choreographed resistance workout with barbells and weights, aimed at strengthening muscles, boosting metabolism, managing weight, and preventing osteoporosis.

Soulfit Dance

An accessible cardio dance class for all fitness levels that incorporates modalities such as latin, hiphop, burlesque, bollywood and freedance. It is easy to catch onto but also has room for free movement /styling for intermediate / advanced dancers.

Yoga for Core

A complete yoga class focusing on strengthening muscles, increasing joint mobility to complement safe movements in other exercise forms. Helps improve posture, core strength and flexibility through vinyasa flows and healthy movement patterns to enhance daily life.

Core Fitness

Core fitness is a Pilate's style class that builds on movements to challenge participants whilst still offering the option to modify the class depending on their experience and ability.

Dance Nation + Lite

This dance class incorporates Afro Beats, Hip Hop, Latin & Burlesque, containing the latest trends whilst also including familiar songs and styles from around the world. Classes are positive, fun and joyful.

Lite Stretch

Under the guidance of our motivating instructor you will stretch out all major muscle groups through slow and controlled movements.

Pound

Pound is a full-body cardio workout using Ripstix, weighted drumsticks for all fitness levels, combining conditioning, strength training, yoga and Pilates-inspired movements.

Stretch, Mobility, Flow

A low impact (we don't jump) dance based choreographed stretch class with mindfulness. A fun way of introducing flexibility and mobility training and great way to stretch it out, after our higher intensity classes.

Zumba

Zumba is an interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.

Dance Workout

A fun cardio workout to a range of music with a range of low to high impact moves. Dance to a fusion of pop, hip hop, latin and bollywood styles with Sarah.

Chair Yoga

Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include- improved flexibility, better concentration, increased strength.

Noosa Yoga

Noosa Yoga offers 5-week classes with varied sequences of classical and modern yoga, suitable for all levels. Each class includes breathing, postures, and relaxation, with each teacher bringing their own style.

Pure Strength

A full body strength training class designed to define and build lean muscle and burn fat. Focusing on combining various types of strength training techniques using free weights and resistance.

Yoga

In this class postures are practised to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated.

Zumba with Sarah

A fun workout that feels like a dance party, designed to get your body moving for an hour with a variety of music including Latin, pop, and dance from around the world.