EFFECTIVE 2 FEBRUARY 2026

ELEVATE PROGRAME

Ready to ELEVATE your health?

9 brand-new fitness classes designed to push you further, challenge you more, and keep things seriously exciting. These classes are harder, different, and packed with fresh energy–perfect for members who want to break out of their routine. For a small upgrade fee, you'll get unlimited access to all 9 new classes and the chance to train at a whole new level. Stronger, faster, fitter–let's go!

TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
6:45am CrossFire Endurance 45min	7:00am Upper Body Elevate 45min	6:45am CrossFire Strength 45min	7:30am Flow and Stretch 45min	8:30am Lower Body Elevate 45min
10:00am Breath & Flow 60 min	4:00pm Step Jam 45min	4:00pm Elevate FX 45min		4:00pm Breath & Flow 60 min

Get in Touch

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NLC@noosa.qld.gov.au

9 Wallace Drive, Noosaville

NOOSA Leisure Centre

CLASS DESCRIPTIONS

CROSSFIRE STRENGTH
Build power, tone muscles, and boost full-body strength in this high-energy functional training class. Push your limits and leave feeling strong, confident, and empowered.

CROSSFIRE ENDURANCE
A high-energy functional training class that builds stamina, strength, and overall fitness. Challenge your whole body, boost endurance, and leave feeling strong, energized, and empowered

UPPER BODY ELEVATE
A strength-based workout focused on arms, chest, shoulders, and back. Using progressive resistance, this class helps you feel stronger, more confident, and more capable.

LOWERBODY ELEVATE
A strength-based workout focused on legs, glutes, and hips. Using progressive resistance, this class helps you move stronger and with more confidence.

STEP JAM
A fun, music-driven step dance class that gets your heart pumping while you move to the beat. Burn calories, boost coordination, and enjoy an energetic full-body workout

BREATH & FLOW
A slow pace class that supports recovery and wellbeing by improving breath awareness and control. Ideal for stress relief, relaxation, and mental clarity.

ELEVATE FX
A high-energy, full-body circuit that combines strength, cardio, and functional training. Scalable for all fitness levels, it's designed to challenge, energize, and leave you feeling fitter and stronger.

FLOW AND STRETCH
Flow & Flex is a gentle yet energizing class that combines dynamic stretching and controlled movements to improve flexibility, mobility, and body awareness. Designed for all fitness levels, this class helps release tension, enhance posture, and leave you feeling relaxed and rejuvenated.

ELEVATE PROGRAM INFORMATION

- Payment options: Casual, Visit Pass, Membership and upgrades available. For further details, please refer to our Fees and Charges or speak to an NLC staff member.

- Elevate membership entitles you to:
  - Access to all Elevate Fitness classes
  - Access to facilities and services associated with your chosen membership option (Social Sport, Gym, or full NLC Membership)

- Elevate classes are designed to be higher intensity; participants are responsible for ensuring they are medically fit to participate.

- Council reserves the right to amend or cancel the Elevate Fitness Program at any time.