


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	cycle 5:30 - 6:00 Luciano	strength 5:30 - 6:15 Shonna	accelerate 5:15 - 6:00 Luciano	grit n grind 5:15 - 6:00 Vanessa F/N	bodypump 5:30 - 6:15 Ruth		
6:00 AM	HIIT circuit 6:15 - 6:45 Luciano	cycle 6:30 - 7:00 Shonna	Cardio blast 6:15 - 6:45 Luciano	cycle 6:15 - 7:00 Nikki			
7:00 AM	Over 55s 7:00 - 7:45 Dillian yoga 7:45 - 8:45 Deb		pilates mobility 7:00 - 7:45 Odette	Over 55s 7:30 - 8:15 Maddison	yoga 7:30 - 8:30 Alicia	cycle 7:00 - 7:45 Vanessa	accelerate 7:45 - 8:45 Luciano
8:00 AM		BodyPump 8:00 - 8:45 Catherine Over 55s 8:00 - 8:45 Helen	stretch n core 8:00 - 8:45 Carolyn	zumba 8:30 - 9:15 Jamilah	bodypump 8:45 - 9:30 Ruth	bodypump 8:00 - 9:00 Catherine	
9:00 AM	cycle 9:00 - 9:45 Helen	BodyPump 9:00 - 9:45 Dillian Over 55s 9:00 - 9:45 Helen	cardioattack 9:00 - 9:45 Annina	cycle 9:30 - 10:00 Vanessa	HIIT circuit 9:00 - 9:30 Mel cycle 9:45 - 10:15 Nikki	bodyattack 9:00- 9:30 Catherine pilates core 9:40 - 10:10 Elise	yoga 9:00 - 10:00 Brigid
10:00 AM	fitball 10:00-10:45 Helen	cycle 10:00 - 10:45 Charmaine	pilates 10:00 - 10:45 Jaime	bodybalance 10:15 - 11:00 Charmaine	pilates 10:30 - 11:15 Maddison	yoga 10:15 - 11:15 Elise	
11:00 AM	pilates 11:00 - 11:45 Kim	yoga 11:00 - 11:45 Frenzy	yoga 11:00 - 12:00 Craig	mobility 11:15 - 12:00 Mitch	yoga 11:30 - 12:30 Craig		
12:00 PM	zumba 12:00 - 12:45 Jamilah	dynamic pilates 12:00 - 12:45 Frenzy	liteCircuit 12:15 - 1:00 Vanessa				
3:00 PM						fitball 3:00 - 3:45 Emma	dynamic flow yoga 3:00 - 4:00 Jaime
4:00 PM	strength 4:15 - 5:00 Luciano	abt 4:30 - 5:15 Sven	step cardio 4:30 - 5:15 Chelsea			stretch n core 4:00 - 4:45 Emma	
5:00 PM	superspin 5:15 - 6:00 Helen	HIIT circuit 5:30 - 6:00 Sven	superspin 5:30 - 6:00 Luciano	boxing 5:15 - 6:00 Tracey accelerate 5:30 - 6:15 Luciano			
6:00 PM			strength 6:15 - 7:00 Luciano				

Reception hours: Monday - Friday 8.30am - 7pm Saturday & Sunday 7am - 5pm. Reception and Pool hours may vary on Public holidays.

Creche Hours: Monday to Saturday 8-11am Bookings essential

Pool Availability: For general swimming may vary. Please contact us for more information

Contact us (02) 6674 9966 casuarina@movementhealthclubs.com.au or Facebook

Bookings Essential for classes and creche through the GymMaster Member app. 



STRENGTH & HIIT & CARDIO

STRENGTH HIIT CIRCUITS

BodyPump

The fastest way to change your body shape. Adjustable weight loaded barbells allow you to increase your lean muscle mass (without building 'bulk') burning more calories and ensuring awesome muscle tone as well as improving your posture.

BodyAttack

A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories* and leaving you with a sense of achievement.

Strength

A full body conditioning workout to build muscle strength, endurance and tone. This class is for all fitness levels and helps create healthy fitness habits.

Supercircuit

This class uses a range of different 'stations' each of which involves a different exercise. You perform timed sets at each station before moving to the next one. It's based around a whole-body workout with a strong focus on strength and cardiovascular set to motivating music. A great class to increase fitness & tone up. Suitable for all levels of fitness.

Cardioblast

This class is based around high intensity cardiovascular exercise aimed at increasing your fitness level. It can be designed around interval training using short bursts of energy and at times utilising various types of equipment indoors and outdoors. Any level of fitness, work to your own individual needs

Zumba

Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a tonne of calories without even realizing it.

Step Cardio

A cardio program using an adjustable step to challenge cardio fitness and develop leg strength. Great way to tone thighs and butt.

HIIT Circuit

high Intensity Interval Training workout that incorporates a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

Boxing

An energetic class that combines Boxing and HIIT exercises to spice up the training to target an all body workout.

LiteCircuit

A low impact exercise class that incorporates, cardio, stretching, light weights and movements for every body type and age. Bring a plate for lunch in the sunshine afterwards.

Over 55s

The perfect class for older adults or those with injuries and limitations.

Cycle

CYCLE

This class is an absolute calorie destruction! Fantastic for shaping and toning your lower body and dramatically increasing your fitness level. This class is set to motivating high energy music in a fun and friendly environment.

Superspin

A class designed to test your cardio fitness. Maximum output and burning of calories all while on a stationary bike. This class is an absolute calorie destruction! Fantastic for shaping and toning your lower body and dramatically increasing your fitness. level. This class is set to motivating high energy music in a fun and friendly environment.

Accelerate

The perfect combo class utilizing the stationary bike for cardio straining and weights for strength and tone. This class burns calories, increases cardio fitness while building muscle strength.

CORE CONDITIONING

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Stretch n Core

Never underestimate a good stretch whilst strengthening your core. Improve postural stability and overall flexibility in this class that will leave you feeling amazing whilst fixing little niggles, aches and pains.

Abs Butt & Thighs (ABT)

A triple threat workout targeting three common trouble zones at one time. Focusing purely on strengthening your abs, butts and thighs with a combination on strength enhancing and muscle toning exercises that is designed to yield results.

Fitball

Core strengthening class designed to improve range of motion, strength, stability, co-ordination and balance. It provides an excellent workout resulting in core strength and stability, improved posture and better body alignment, using free weights and fit balls. Suited to all levels of fitness.

MIND & BODY

MINDBODY

Yoga

A balanced combination of sustained poses (Hatha) as well as poses flowing in a mindful progression. Attention is given to basic alignment & therapeutic principles.

Holistic Yoga

A Peaceful approach to yoga practice to receive unlimited benefits on all levels of your Being. Enjoy a sense of heightened Wellness with no injury. Nourish Heal & Strengthen your Mind Body Soul.

Yoga Hatha

Lineage based Tantri Hatha - using asana, mudra, bandha, kriya and pranayama to access states of meditation and spiritual connection.

Vin Yin Yoga

A balanced combination of two classes in one. A strong Vinyasa style of poses where attention is given to basic alignment & therapeutic principles, and a meditative approach with long deep stretching to enhance flexibility and joint mobility while encouraging healing and realigning the body's connective tissues. All levels welcome.

Pilates

A body conditioning core strength postural class with a strong focus on alignment technique used to develop a strong, centred and balanced body.

Dynamic Pilates

A total body workout. A Pilates class with a twist. Incorporating aerobic and dynamic movements aligned with functional training to increase stability, strength and alignment.