

Body Pump

The fastest way in the Universe (Planet) to change your body shape. Work all major muscle groups using weights to target & tone. Increase lean muscle tissue so you burn more calories 24 hours a day! (verified by the University of Auckland as providing the fastest body fat loss of any fitness class).



Zumba

is the dance craze that is taking over the world! They say "Ditch the workout & join the party! Well it sure is a party! You have to love Zumba!! With all that it offers...The rhythm of Brazilian and hip shaking beats, great for cardio and weight loss, this is one time in your week when you can totally let loose, laugh and experience the freedom and fun that is Zumba! You will leave with a smile, this is one exercise class you can't wait to do!!



Low Impact / Fitball Fun

Come and enjoy a little bit of light aerobics, & discover your inner child! Fitball develops your balance and stability! This is a low intensity high muscle volume workout, to help you regain balance, and retrain muscle fibre. Light hand weights are optional. On the floor, we use Pilates techniques to reset your posture and gain strength in your back. It helps you to learn to control your deeper abdominal muscles. A must for all ages and fitness levels.

Planet Spin

An inspiring group cycle class that's gives you a great calorie burning effect. You will improve your fitness & endurance at your own pace, fast. Be entertained by motivating & addictive music while you shape perfect legs. This class is completely safe, non impact but gives the ultimate adrenaline ride

Pilates

A dynamic class, filled with great stretching poses to improve your flexibility whilst strengthening and toning core muscle groups. The class encourages calories to continue burning, metabolising fat long after the session is over. The classes enhance physical tone by lengthening the muscles, creating an enviable long and lean shape. Pilates also improves alignment and posture, and is the ideal complement to both a sedentary and active lifestyle.

Gosford Group Fitness

Planet Fitness is committed to making fitness fun and creative. That's why at Gosford we have designed a new group fitness option for you, where our friendly, motivating instructors will help you get fit in an ultimate, energetic class.



Gosford Group Fitness Timetable



356 Manns Road Homemaker Centre

West Gosford

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Gosford Group Fitness Timetable



| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------|---|--|--|---|---|---|
| MORNING SESSIONS | 9:30 AM ZUMBA \$5 per class | 6:00 AM BODY PUMP \$2 per class (55 mins) | 9:00 AM LOW IMPACT / FITBALL \$2 per class | 6:00 AM PLANET SPIN \$2 per class (45 mins) | 9:30AM PILATES \$2 per class | 8:15 AM PLANET SPIN \$2 per class (45 mins) |
| | | 9:30AM PLANET SPIN \$2 per class (45 mins) | | 9:30AM BODY PUMP \$2 per class (55 mins) | | |
| EVENING SESSIONS | 6:00 PM PLANET SPIN \$2 per class (45 mins) | 6:00 PM BODY PUMP \$2 per class (55 mins) | 5:30PM PILATES \$2 per class | 6:00PM BODY PUMP \$2 per class (55 mins) | | |
| | | 7:00 PM ZUMBA \$5 per class | | 7:00PM FATBURNER \$2 per class | | |



* Guests of Platinum members are welcome to join in the fun at the same price as Members.
Tokens can be collected 30 mins prior to the commencement of the class.

Open Hours

Mon - Wed 5:30am - 10pm Sat 8am - 6pm
Thurs - Fri 5:30am - 9pm Sun 9am - 6pm

Ph: (02) 4324 4233