

OVER 350 VIRTUAL CLASSES
 RUNNING 24 HOURS A DAY!
 CHECK OUT OUR WEBSITE FOR
 VIRTUAL TIMETABLES FOR
 WWW.RESOLVEFITNESS.COM.AU



DAILY TIMETABLE

	MON	TUES	WED	THUR	FRI	SAT
	GROUP FITNESS ROOM					
5.30 AM				R-STRENGTH		
5.45 AM	45 min LESMILLS BODYPUMP			6AM LESMILLS CORE		
7.15 AM						
8.15 AM		LITE	LITE	LITE +	LITE	LESMILLS BODYPUMP
8.45 AM	30 min ABS, BUTTS & THIGHS					
9.30 AM	45 min LESMILLS BODYBALANCE	RETRO AEROBICS	R-BALANCE & TONE	STEP FREESTYLE	LESMILLS BODYPUMP	ZUMBA
10.30 AM	STEP FREESTYLE	LESMILLS BODYPUMP	10.45AM LITE NEW	45 min ABS, BUTTS & THIGHS	LITE +	
4.50 PM			LESMILLS CORE			
5.30 PM	BOXING	LESMILLS BODYPUMP	ZUMBA	ZUMBA		
6.30 PM	LESMILLS BODYPUMP					
	CYCLE STUDIO					
5.45 AM		LESMILLS RPM	LESMILLS RPM		LESMILLS RPM	
6.30 AM						LESMILLS RPM
9.30 AM	LESMILLS RPM		LESMILLS RPM		LESMILLS RPM	
5.30 PM	LESMILLS RPM		30 min LESMILLS RPM			
	MIND & BODY STUDIO					
5.45 AM					CIRCUIT EXPRESS	
7.30 AM				7AM PILATES NEW		CIRCUIT EXPRESS
8.00 AM					PILATES MATS	
8.30 AM	YOGA 1		YOGA 1	PILATES BALLS		
8.45 AM						QI GONG
9.00 AM		CIRCUIT EXPRESS			9.10AM PILATES	
9.30 AM				PILATES BALLS		
10.15 AM	YOGA CORE	YOGA 1	NEW QI GONG		10.30AM LESMILLS BODYBALANCE 60 min	
4.30 PM	PILATES BANDS					
5.30 PM	PILATES BANDS	CIRCUIT		CIRCUIT EXPRESS		
6.00 PM			YOGA 2			

STAFF HOURS
 MON - FRI 7.00am - 12.00pm
 Mon & Wed 3.30pm - 6.30pm
 Sat 7.00am - 10.30am

Follow us



CONTACT US 07 5436 0222
 reception@resolvefitness.com.au
 19 West Tce Caloundra - RSL
 carpark

RPM IS THE INDOOR CYCLING ROUTINE WORKOUT WHERE YOU RIDE TO THE RHYTHM OF POWERFUL MUSIC. TAKE ON THE TERRAIN WITH YOUR INSPIRING COACH WHO LEADS THE PACK THROUGH HILLS, FLATS, MOUNTAIN PEAKS, TIME TRIALS AND INTERVAL TRAINING. IT'S A GREAT CARDIO WORKOUT THAT STRENGTHENS YOUR HEART, LEGS, BUTT AND CORE.

BYO
MAT

BODY BALANCE IS A YOGA, TAI CHI AND PILATES WORKOUT THAT BUILDS FLEXIBILITY, STRENGTH AND LEAVES YOU FEELING CENTERED AND CALM. CONTROLLED BREATHING, CONCENTRATION AND A CAREFULLY STRUCTURED SERIES OF STRETCHES, MOVES AND POSES TO MUSIC CREATE A HOLISTIC WORKOUT THAT BRING THE BODY INTO A STATE OF HARMONY AND BALANCE. SUITABLE FOR ALL FITNESS LEVELS.

YOGA 1

BYO
MAT

YOGA WILL INCREASE YOUR FLEXIBILITY WHILST NATURALLY BUILDING STRENGTH, CALMING YOUR MIND AND BODY ASSISTING YOU TO DE-STRESS. YOGA 1 IS A GENTLE FLOW YOGA FOR BEGINNERS TO INTERMEDIATE.

YOGA 2

BYO
MAT

YOGA 2 IS A BLENDED YOGA WITH LONGER POSE HOLDS OPTIONS. GREAT FOR ALL FITNESS LEVELS INCLUDING PRE-NATAL AND POSTNATAL MUMS.

YOGA CORE

BYO
MAT

YOGA CORE IS A DYNAMIC BLEND OF YOGA AND PILATES SEQUENCES. IT'S A GREAT CLASS FOR DEVELOPING BALANCE AND FLEXIBILITY TO HELP BUILD A STRONG CORE.

QI GONG

BYO
MAT

QIGONG, IS A SYSTEM OF COORDINATED BODY-POSTURE AND MOVEMENT, BREATHING, AND MEDITATION SAID TO BE USEFUL FOR THE PURPOSES OF HEALTH, SPIRITUALITY, AND MARTIAL ARTS TRAINING.

STEP

AEROBIC WORKOUT ROUTINES ON A STEP. YOU CHOOSE YOUR HEIGHT LEVEL & INTENSITY

R-STRENGTH

R-STRENGTH IS A 30 MINUTE HIGH INTENSITY INTERVAL TRAINING SESSION THAT TAKES YOU IN TO OVERDRIVE, PUSHING YOU HARDER TO GET YOU FITTER. THE SHORT SHARP DEMANDING PROGRAM COMBINES WEIGHTS, RUNNING AND PLYOMETRIC EXERCISE FOR A FULL BODY WORKOUT THAT INCREASES AEROBIC CAPACITY, STRENGTH, ENDURANCE, METABOLISM AND POWER.

RETRO AEROBICS

THIS CLASS IS 100% FUN! IT WILL GET YOUR HEART RATE GOING AND INVOLVES ROUTINES WITH EASY DANCE MOVES. REMEMBER THE GRAPEVINE AND EASY WALKS OF THE 80'S AEROBICS ERA? IF YOU REALLY WANT TO TAKE YOURSELF BACK IN TIME, DRESS UP IN YOUR LYCRA AND GET MOVING.

BYO
MAT

INSPIRED BY ELITE ATHLETIC TRAINING PRINCIPLES, LES MILLS CORE IS A SCIENTIFIC CORE WORKOUT FOR INCREDIBLE CORE TONE AND SPORTS PERFORMANCE. YOU BUILD STRENGTH, STABILITY AND ENDURANCE IN THE MUSCLES THAT SUPPORT YOUR CORE, IMPROVE BALANCE AND ASSIST WITH INJURY PREVENTION.

PILATES BALLS

BYO
MAT

PILATES BALLS IS A CLASS THAT USES SMALL SOFT PILATES BALLS TO CREATE MUSCULAR STRENGTH, FLEXIBILITY AND RESISTANCE. IT PROVIDES AN UNSTABLE PLATFORM THAT ENCOURAGES AND BUILDS BALANCE AND AWARENESS THROUGHOUT THE BODY.

PILATES BANDS

BYO
MAT

BYO
BAND

PILATE BANDS USES A RESISTANCE BAND WHICH ALLOWS PARTICIPANTS TO TONE AND STRENGTHEN, FOCUSING ON CONTROL AND RECRUITING STABILISING MUSCLES. THE BAND ALLOWS THE USER TO CONTROL THE ANGLE AND DIFFICULTY OF THE MOVES.

PILATES MATS

BYO
MAT

PILATES MATS FOCUSES SIGNIFICANTLY ON FLOOR/MATWORK PILATES, USING DYNAMIC BODY WEIGHT EXERCISES.

BOXING

PAIRING UP WITH A PARTNER. BYO PADS AND GLOVES. PAD WORK, WITH BODY WEIGHT EXERCISES

R-BALANCE & TONE

BYO
MAT

TRY THIS GENTLE, LOW KEY CLASS THAT PRACTICES AND TRAINS YOUR BALANCE AND CORE STRENGTH

BODYPUMP IS THE ORIGINAL BARBELL CLASS THAT STRENGTHENS YOUR ENTIRE BODY. THIS 60 MINUTE WORKOUT CHALLENGES ALL YOUR MAJOR MUSCLE GROUPS BY USING THE BEST WEIGHT ROOM EXERCISES LIKE SQUATS, PRESSES, LIFTS AND CURLS. BODYPUMP IS A GREAT PROGRAM TO GET LEAN AND FIT, FAST. (60MINS UNLESS INDICATED OTHERWISE)

CIRCUIT

CIRCUIT IS A HIGHLY MOTIVATING CLASS OFFERING EXERCISES THAT ARE LOW IN IMPACT AND USE A VARIETY OF CIRCUIT EQUIPMENT. IT IS GREAT FOR PEOPLE THAT WANT AN ALL OVER BODY WORKOUT.

LITE

LOW IMPACT TRAINING EXERCISE IS BASED ON GAINING STRENGTH FOR EVERYDAY FUNCTION. IT FOCUSES ON MOVEMENTS THAT WILL HELP SUPPORT YOUR JOINTS, ENABLE YOUR MUSCLES TO HOLD YOUR BODY IN ITS CORRECT POSITION AND ALLOW YOUR BODY TO OPERATE AND FUNCTION IN ITS IDEAL WAY.

LITE



AS ABOVE WITH AN EXTRA LITTLE CHALLENGE!

ZUMBA IS MORE LIKE A DANCE PARTY THAN AN AEROBICS CLASS. INSPIRED BY LATIN AND SALSA MOVES ZUMBA MAKES A HIGH ENERGY, INCREDIBLY FUN CLASS FOR ALL AGES AND FITNESS LEVELS.

ABS, BUTTS & THIGHS

BYO
MAT

A FREESTYLE CLASS THAT FOCUSES ENTIRELY ON STRENGTHENING AND TONING YOUR ABDOMINALS, BOTTOMS AND THIGHS...THE NAME SAYS IT ALL!

CLASS DURATIONS (WHERE NOT INDICATED)

RPM 45MINS
YOGA 1 HOUR
R-STRENGTH 30MINS
RETRO AEROBICS 45MINS
CORE 30MINS
PILATES 45MINS
LITE 45MINS
ZUMBA 60MINS
STEP 45MINS
CIRCUIT 45MINS
QIGONG 45-60MINS
BOXING 45MINS
R-BALANCE 45MINS