Group Training Class Schedule

TIME	MON	TUE	WED	THU	FRI	SAT
MORNING CLASSES						
6:15AM	STRENGTH	STRETCH	STRENGTH	CYCLE	HIIT	
	TEMPO RUN (6AM)		SPEED RUN (6AM)	LIFT	STRETCH	COMMUNITY RUN (6AM - UNSTAFFED)
						BOXING
7:15AM	REFORMER PILATES		FLOW	REFORMER PILATES		WOW
8:15AM						REFORMER PILATES
9:15AM	BIO EDUCATION		REFORMER PILATES	REFORMER PILATES		
10:15AM						STRETCH
30 MIN LUNCHTIME CLASSES						
12:15PM	FLOW	HIIT	STRENGTH		STRENGTH	
AFTERNOON CLASSES						
4:30PM	REFORMER PILATES		REFORMER PILATES		REFORMER PILATES	
5:30PM	LIFT	STRENGTH	STEP (POP-UP)	DANCE FIT		
	REFORMER PILATES					

P4 Gym - Keira Street

P4 Outdoor - Stuart Park

Flex Class - For both Seniors & General Members

Outdoor classes (except Run classes) move indoors in inclement weather

Group Training Class Descriptions

REFORMER PILATES

Find your powerhouse

A low impact class using the reformer pilates machines. Improve range of motion and build muscular strength with a focus on core strength, postural alignment and muscle balance.

STRENGTH

Build strength and muscle

Build total-body strength using barbells, dumbbells, kettlebells and suspension straps in our fully equipped gym. This class focuses on lifting heavy with great technique to help you get stronger, move better and prevent injury.

HIIT

Boost overall fitness and endurance

A high-energy interval class combining cardio and strength. Short bursts of work followed by recovery to improve fitness, stamina, and calorie burn.

STRETCH

Release muscle restriction

Stretch improves joint range of movement and muscle flexibility through a structured series of dynamic and static stretching, useful in aiding performance in all other P4 programs.

LIFT

Strengthen and tone

Strengthen and condition your entire body through high repetitions performed under load. This program focuses on improving endurance resulting in stronger, more defined muscles.

BOXING

Total body conditioning

A partner boxing program using gloves and mitts that teaches you how to generate speed, power and endurance through the punch. Develop strength, coordination and sharpen your reflexes.

TEMPO RUN

Beginner to advanced runner class

Improve running ability and endurance. Each class, the run route is mapped for varying distances to ensure each runner's training goals are met and runners are guided on pace and form.

SPEED RUN

Let your fitness take flight

Run repeats with recovery, often called interval training. This program is one of the fastest, most effective ways to improve cardiovascular fitness and running speed.

COMMUNITY RUN

Run Together. Move Together

A free weekly long run ideal for anyone training for a 10K, Half Marathon or Marathon. Distances are posted each week so community members can choose the option that suits their goals. This inclusive session helps you build endurance, stay consistent and enjoy running alongside a supportive community that welcomes all runners, regardless of experience or pace.

CYCLE

Low impact, high intensity

The only Cycle lab in the Illawarra, this class uses the best performance technology in indoor cycling to help you reach your peak fitness and performance and realise your potential.

STEP

A fun, high-energy cardio workout

Using a raised platform, you'll follow fun, routines that boost cardio fitness and build endurance. Perfect for all fitness levels, this class keeps you moving while burning max calories.

FLOW

Build strength, stability and control

A mat-based strength class focused on glutes, core and full-body control. Using slow, low-impact movements, it improves posture, balance and mobility while building strength and stability for everyday movement.