

Activity	Description	
<i>All Prices are based on a minimum of 10 people per activity during weekdays. Weekend rates differ on some activities (15 people min.)</i>		
Group Exercise	<p>BODY PUMP - The workout with Muscle Body pump is a pre-choreographed workout using an adjustable barbell. An athletic workout that challenges every major muscle in your body it consists of ten stationary routines using weights and music to strengthen and tone in record time (max 30).</p> <p>BODY BALANCE – Where East meets West Body Balance is a choreographed mind body class. Designed to reduce stress, relieve pain and increase flexibility, balance and core strength each class is structured to create harmony between breath and movement, action and relaxation, awareness and concentration (max 30).</p> <p>SPIN – The Ultimate Journey This is a group fun activity incorporating great music without competition. Professional coaching helps you match terrain with tempo and experience rolling hills, winding roads, sprints and intervals, the perfect indoor cycling journey (max 29).</p> <p>STEP - The Workout with a Difference Step is a fun, choreographed low impact aerobic workout – a fantastic fat burner that tones the lower body at the same time. A variety of movements orientated around a step will increase the intensity and variety of your workout and improve your overall fitness, coordination and body shape (max 30).</p> <p>BOXING CIRCUIT – The Class with Variety Circuit is a non choreographed class involving station rotations incorporating strength, conditioning and cardiovascular exercise using a variety of equipment including - mitts, pads, bags, skipping ropes, weights, the outdoors and much more (max 30).</p> <p>YOGA - Create Space Within and Open the Mind Discover for yourself the many benefits of this ancient science of well being as you gently work through the whole body. The class will include balances and poses as well as flexibility, relaxation and meditation (max 30).</p> <p>PILATES - Taking the World by Storm Pilates is a program based on flexibility, strength and controlled core movement helping you become toned, fitter, stronger and improving your posture. 1. Mat work - A floor work group class teaching the basic fundamentals of this world wide phenomena (max 30) 2. Reformer Class - using specialised equipment offering personal instruction and challenging techniques. – Maximum 6 people</p> <p>FAT BURNER - The Workout that Counts A great hi energy, hi calorie burning choreographed aerobic class incorporating hi and low impact moves designed to maximise fat burn. Suitable for everyone as you decide how hard you want to work (max 35).</p> <p>KICK-FIT A fun filled action packed workout to music that combines basic kicking & punching moves for a dynamic class with the emphasis on strength & stamina. No complicated moves here just simple choreography that lets you decide how hard you want to work (max 35).</p>	

<p>Group Exercise</p>	<p>STRETCH / RELAX- A great recovery activity this class combines flexibility training with an element of relaxation. Improved flexibility can reduce the risk of strains, tears and muscle soreness as well as improving sports performance and technique (max 30).</p> <p>BODY SCULPT / CONDITIONING – A class that will tone and shape every inch of your body using weights, barbells and lower body resistance techniques. Suitable for all levels of fitness. (max 35)</p> <p>BODYVIVE – Les Mills Bodyvive is a low impact dynamic program designed to focus on all aspects of fitness. The workout combines cardio fitness, core stability, balance, functional strength & flexibility all done to some great uplifting music tracks from the 60's, 70's, 80's & 90's. The class is particularly suited to active adults in their 40's, something different to complement their existing training regime. (max 30)</p>	
<p>Aquatic Activities</p>	<p>DEEP WATER EXERCISE – The Wet Workout A deep water running and conditioning class conducted in our outdoor heated pool it involves an energy plus workout without the impact. You will use buoyancy belts, water noodles and the resistance of the water (max 30).</p> <p>AQUATIC RECOVERY CLASS- Outdoor heated pool with buoyancy belts or indoor pool. Just what the doctor ordered to ease those tight sore muscles</p> <p>AQUATIC GAMES- A variety of enjoyable games to suit all age groups. Low impact exercise to promote teamwork and enhance fitness.</p>	
<p>Speed For Sport</p>	<p>Speed for Sport uses the exercising principles of Speed, Agility and Quickness. The sessions are conducted by Qualified staff and instructors who use speed ladders, macro and micro hurdles and resistance equipment specific to your sport. Sessions can be conducted from beginners to an elite level in any sport. Great for all land based team and individual sports (max 50)</p>	
<p>Team Building Activities</p>	<p>An assortment of team challenges and activities that anyone can participate in. The activities are based around the following concepts:</p> <ol style="list-style-type: none"> 1. Increase participation & self confidence 2. Increase mutual support 3. Increase communicative skills 4. Problem solving 5. To develop an increased JOY in ones self and others 	
<p>Movie Theatre</p>	<p>Enjoy the latest video release at the Sports Super Centre. Big Screen movie theatre screen set up for your enjoyment. Exclusive use for groups and the theatre holds up to 60 moviegoers.</p>	
<p>Coaching Services</p>	<ol style="list-style-type: none"> 1. Gymnastics 2. Swimming 3. Athletics 4. Archery (weekend rate \$12.00) 5. Volleyball & Beach Volleyball 6. Sports Acrobatics 7. Taekwondo 8. Soccer 	

Tennis	<p>Located within 250 metres of the Sports Super Centre, Pro-One Tennis Academy has completed two new red classic clay courts – the first of its kind in Queensland. The centre has a Pro-shop with re-stringing service, 9 Floodlit tennis courts, Rebound Ace, Plexi Pave, Synthetic Grass and Classic Clays courts</p>	
Health Club	<p>State of the art gymnasium features Free Weights area, Cybex pin-loaded resistance equipment, Stretch area, treadmills, steppers, recumbent bikes, upright bikes, cross trainers and rowing machines. (Subject to approval group size and times).</p>	
Pool Use	<p>The 50metre pool is world class and is one depth of two metres and swimmers can be viewed from the underwater viewing platform. Exclusive Use (In-house Rate Only) - Groups who wish to use the outdoor pool for exclusive use will be charged by the lane per hour Non Exclusive Use - Groups who wish to use the outdoor pool for non exclusive use will not be charged for up to 10 people at any time and all students must be fully supervised (All Lane booking are subject to availability)</p>	
Lectures & Seminars	<p>Staffs at the Sports Super Centre are recognised leaders in their relevant field and conduct seminars to students, semi professional and professional athletes, corporate groups and members on a regular base. Topics include, Health & Fitness, Sports Medicine, Nutrition, Sports Psychology, Stress Management, Strength Training, Exercise Physiology, Back Care, Sports Specific Training and many more.</p>	
Internet Access	<p>Accommodation Lodges can be set up for Internet connection so you can work in complete privacy.</p>	
Indoor Sports Stadium	<p>Located within 250metres of the Sports Super Centre, the Indoor Sports Stadium has four full size basketball courts and can host a variety of activities.</p>	
Sports Medicine	<p>Sports Super centre Sports Medicine clinic host some of Australia's leading professional therapist and include the following:</p> <ol style="list-style-type: none"> 1. Physiotherapist 2. Sports Medicine 3. Podiatrist 4. Golf Medicine 5. Sports Psychologist 6. Nutritionist 	

<p>Massage Therapy</p>	<p>At the Sports Super Centre we ensure your massage therapist is up to date with the latest techniques and research in the field. All of our therapists are suitably qualified and highly trained. They are affiliated with associations that demand formal qualifications, professionalism and ensure high levels of knowledge and skill.</p> <ol style="list-style-type: none"> 1. Relaxation Massage Involves the use of various superficial, soothing massage techniques to completely relax the body and mind. 2. Remedial Massage Specific superficial and deep massage techniques used to relax and release soft tissue tension. 3. Sports Massage Combines remedial massage techniques with various movements and stretching to work on sport-specific problems and enhance sporting performance. 	
<p>Laser Skirmish (Tag)</p>	<p>Laser Skirmish is a fun outdoor combat team sport just like paintball skirmish but without the bruises. If you've ever played paintball you'll know what we mean – it can hurt! But with Laser Skirmish you fire an invisible and harmless infrared beam. It's safe combat fun for all ages! Suitable for groups min 20 – max 50</p>	
<p>Ice Bath Recovery Session</p>	<p>Ice baths can be one of the best forms of recovery and can be an excellent compliment to a hard training session. Although not exactly enjoyable, soaking in a tub of ice water after a long run or an intense workout can help boost the body's recovery processes, and also help prevent injury. Ice baths are most effective when taken within 60 minutes of finishing a workout.</p>	
<p>Learn To Surf & Surf Awareness</p>	<p>Experience the thrill of surfing and be a part of Australian's beach culture. Receive expert & safe tuition from our professional surfing instructors at Surfers Paradise. Techniques easy to follow & will have you standing & surfing in your first session. Pick up service available (enquire for prices). Catering for groups of 8-100.</p>	