

ELITE & HIGH PERFORMANCE PROGRAMS



GOLD COAST
PERFORMANCE
CENTRE

www.goldcoastperformancecentre.com.au

FITNESS SESSIONS

FITNESS SESSIONS

BODY CONDITIONING	A conditioning 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.
FUNCTIONAL FLEXIBILITY + YOGA	Perfect for a recovery activity. Improved flexibility can enhance sports performance and helps to reduce the risk of strains, tears and muscle soreness.
HIGH INTENSITY INTERVAL TRAINING (HIIT)	A fantastic all-in-one workout including cardio, weights, plyometrics, body weight exercise and cycle training. Suitable for everyone.
GRIT	A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Using barbells, weight plates and body weight exercises GRIT will blast all major muscle groups.
PILATES	Flexibility, strength and core movements helping tone and strength muscles. A floor work group class teaching the basic fundamentals. Max 30 people.
ROLL N RECOVER	Using foam rollers and trigger balls to enhance your recovery. This class aims to improve movement and release tight muscle tissue to keep you injury free.
RPM	High-energy indoor cycling class. Experience rolling hills, winding roads, sprints and intervals. Great for all levels as you set your own resistance and pace. Max 30 people.
SPRINT	If you want to get fitter, faster, stronger with minimal impact to your joints then this is the workout for you! LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. Maximum 30 people.

\$10.00 Per Person



ABOUT ATKINS HEALTH

Atkins Health are the Centre's onsite Allied Health Services Professionals.

At Atkins Health, we believe people deserve results. With proven methods and passionate practitioners, we believe we have what it takes to help people gain true success!

Atkins Health is a leading Exercise Physiology company in Gold Coast. We work with clients in clinic, in their homes, aged care, hospitals, and online. We serve a large range of conditions to help people in prevention, rehabilitation, and the recovery process.

"Through Innovation, Revolutionise Health"



ATKINS HEALTH SERVICES

Atkins Health Accredited Exercise Physiologists specialise in clinical exercise interventions for people with a broad range of health issues. We design, deliver, and evaluate safe and effective exercise interventions for people with chronic medical conditions, injuries, and disabilities.

The conditions we work with include neurological disorders like Multiple Sclerosis, Parkinson's Disease, musculoskeletal and spinal cord injuries. We work with clients with cancer, cardiovascular, respiratory/pulmonary and mental health challenges. We have teams who specialise in Women's Health, Paediatric and Sports Injuries.

Our clients see 85-90% results through their planned programs. We have created specialised pathways for all our clients where we plan, train, and measure improvements, 6-weeks at a time.



ENGAGING WORKSHOPS AND SEMINARS - ATKINS

PRICE PER PERSON

LONG-TERM ATHLETE DEVELOPMENT	This lecture and practical session will teach you how to build a strong foundation as an athlete, not just in a specific sport. You will learn fundamentals of key movements, key training variables and tips on monitoring fatigue, overtraining and more to maximise performance.	\$15.00
ATHLETIC DEVELOPMENT	This class will train you like an athlete, focusing on strength, power, agility, muscular endurance and flexibility.	\$15.00
SPORTS NUTRITION & DIETETICS	Covering the basics of living a healthy lifestyle and making healthy choices in nutrition and exercise. Learn how to fuel your body for maximum performance. (Min 20, Max 30 people)	\$15.00
ATKINS HEALTH ALLIED HEALTH SERVICES	Our onsite team of Allied Health Specialists form a vital part of the Gold Coast Performance Centre. The Atkins Health team is comprised of some of Australia's most passionate and skilled professionals. Services include: - Remedial Message Therapy - Sports Dietetics and Nutrition - Exercise Physiology	POA
Physio	In this invaluable practical session you will go through strapping techniques for various joints and limbs. Learn how to prevent and manage injuries, prepare for competition and recover fast using expert techniques and materials.	\$15.00
MENTAL PREPARATION	Discuss mental strategies athletes can use to gain peak performance, learn how to come back from injury, and more.	\$15.00
MOBILITY AND FUNCTIONAL MOVEMENT	A practical workshop where you will learn techniques for soft tissue muscle release and why mobility is critical to efficient and optimal performance.	\$15.00
SPORT SPECIFIC STRENGTH & CONDITIONING SEMINAR	Strength and Conditioning is an integral element to an athletes career and performance. This lecture will cover the fundamental Strength and conditioning protocols necessary for optimal performance. Aimed at all levels of expertise from coaches to athletes this lecture will challenge your perspective and improve your understanding on how to foster optimal results.	\$15.00
SPORT SPECIFIC STRENGTH & CONDITIONING PRACTICAL	Recommended to do in conjunction with Sports Specific Strength and Conditioning Seminar or Physiology and optimising your training, this practical session will put into practice this new found knowledge on how we can unlock your body's true potential. Tailored to the needs of your chosen sport our team of Exercise Physiologists will put you through your paces and help you not only understand but feel the difference when training effectively.	\$15.00
SPORTS INJURY PREVENTION	An invaluable lecture for any young athlete, this session covers the importance of warm ups, cool downs and stretching, protective equipment and how to identify any predisposition to injury or illness. You will also learn about rehabilitation techniques and how to safely return to activity after initial treatment. For individuals and teams. (Min 20, Max 30 people).	\$15.00
CUSTOM ATHLETE MOVEMENT SESSION	Allow our Exercise Physiologists to work directly with your coaches to program a targeted session for your athletes. Sessions may include sport specific strength based training, wellness workshop, injury prevention, performance mindset to name a few.	POA

AQUATIC ACTIVITIES & SPORTS



AQUATIC AND RECOVERY

PRICE PER PERSON

AQUATIC RECOVERY	Apply exercise physiology principles to ease tight or sore muscles and boost recovery in the indoor or outdoor heated pool.	\$10.00
EXCLUSIVE POOL LANE BOOKINGS	Groups can book lanes per hour. Advance bookings are required and is subject to availability. Outside of hours and public holiday rates apply.	\$20.70 per lane per hour (on-site groups) \$24.95 per lane per hour (off-site groups)
ICE BATH RECOVERY SESSIONS	Experience one of the best forms of recovery. Ice baths are most effective when taken within 60 minutes of finishing a workout. Advanced bookings required. Price also includes 1 x 50m pool lane hire.	\$120 per session with instructor. \$69.00 per session without instructor (max 20pax) extra people \$3.60pp

SPORTS DEVELOPMENT

PRICE PER PERSON

ATHLETICS	Multi-discipline athletics on our IAAF-accredited track and field facility, including long jump, shotput, discus, high jump and more.	\$10.00
GYM SESSION	We have strength and conditioning coaches as well as personal trainers available to facilitate group gym sessions focusing on correct technique and the benefits of resistance training. Select training times available.	\$10.00
HOCKEY	Test out our brand new synthetic hockey pitch. Work with a specialized coach and perfect your skills preparing you for an action-packed game.	POA
SPEED FOR SPORT	Using the exercising principles of speed and agility, these sessions are conducted by qualified instructors using 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 (20 - 50 people).	\$10.00
SWIM COACHING	Push your team to the next level with expert coaching from our swim coach. Have your own coach? Refer to lane hire.	POA
TENNIS	Learn the basic skills of tennis which will get you serving and hitting forehands, backhands and volleys like a pro by the end of the session.	POA
TRIATHLON	Experience the thrills triathlon has to offer utilising the centre's pool, cycling track and brand new athletics track. Our professional staff will demonstrate what it takes to be a triathlete. Bikes are included.	POA



GOLD COAST PERFORMANCE CENTRE SPORTING FACILITIES

\$POA

IAAF TRACK & FIELD	An IAAF certified 8-lane, 400m Spurtan running track and a 10-lane, 110m sprint track. Full long / triple jump pits with run-up as well as pole vault and high jump areas.
MAIN FIELD	Natural turf infield at 98m x 59m.
STRENGTH & CONDITIONING GYM	Open air gym with 4 lifting platforms, Life Fitness and Hammer Strength equipment, pin loaded machines and free-weights and a range of cardio equipment.
AEROBIC HALL & SPIN BIKE STUDIO	Multi-purpose aerobic room at 16m by 21m. Purpose built spin bike studio with 24 bikes.
POOLS	50m Outdoor Pool - Heated to 27C the 50m outdoor pool has 8 lanes and a depth of 2m. 20m Indoor Pool - Heated to 32C the 20m shallow indoor pool is perfect for recovery or walk throughs.
FIH HOCKEY PITCH	Multipurpose artificial turf, built as a training pitch for the Gold Coast 2018 Commonwealth Games
BEACH VOLLEYBALL COURTS	Two Olympic standard beach volleyball courts plus 2 training courts.

RUNAWAY BAY SPORTING PRECINCT FACILITIES

\$POA

PRO-ONE TENNIS CENTRE	Located within 250m of the Gold Coast Performance Centre, Pro-One Tennis Academy has a pro-shop with re-stringing service and nine flood-lit tennis courts with various court types, including rebound ace, plexi pave, synthetic grass and two new red classic clay courts. Advance bookings required.
INDOOR SPORTS STADIUM	Located within 250m of the Gold Coast Performance Centre, the Indoor Sports Stadium has four full size basketball courts and can host a variety of activities. Advance bookings are required.
LUKE HARROP CYCLE TRACK	Whether it be for training for an event we have direct access to a fully enclosed 1.8km high performance cycle track.
GRASS FIELDS	16 natural grass fields are available in the adjoining sports precinct for training or matches.
NETBALL COURTS	21 Outdoor netball courts are only 250m away, or train and play in the indoor sports stadium across the road.
CRICKET OVALS	Three cricket ovals with natural grass and synthetic wickets.



CONTACT DETAILS



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