










GROUP TRAINING TIMETABLE

Date effective: 12 January 2012

PH: 9528 1024

	MON	TUES	WED	THUR	FRI	SAT	SUN
6:15am	Spin		Spin		Box-a-cise		
9:00am						Super Spin 1 Hour	
9:30am	Body Sculpt		Guts and Butts		Tri/Hi		Tri/Hi
10:30am			Yoga - Iyengar			Yoga - Dynamic	
5:45pm	Box-a-cise		Yoga - Dynamic				
6:30pm	Spin/Cycle	Spin		Spin/Cycle			
6.45pm			Spin				
6:45pm	Dynamic Step						
7:45pm	Preggi Bellies		Preggi Bellies	Yoga - Iyengar			

WHAT THE?



A simple, high-intensity group exercise-to-music class BODYATTACK® is fully optioned to cater for all fitness levels. You'll experience high-energy sports training moves for cardiovascular fitness, along with upper and lower body conditioning exercises.



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.

Box-a-cise

A high energy circuit class incorporating boxing technique as well as floor work. Improve your boxing skills and enjoy a challenging workout involving both cardio as well as resistance training. Great for all skill levels

Guts and Butts

As the name says, this class is all about working your belly and bottom! Get tight buns and core. This class is low impact, high intensity. A combination of styles including aerobics, sculpt and step will ensure you get a great workout.

Dynamic Step

An advanced power workout using a platform to allow you to push you to your limits. This class really works your butt and legs and with the addition of hand weights offers a complete body workout. Great for shedding loads of calories.

Spin/Cycle

A dynamic and challenging cycling class to fast track your fitness and burn those excess calories. Work as hard as you want in this class - great for both beginner as well as advanced levels. For those wanting more of a challenge - try Saturday's 1hr Super Spin.



Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

Tri/Hi

A trio of Hi & Low impact moves, Step, and Body Toning using weights. A varied and vigorous class that offers a complete workout. This hour will fly!

Preggi Bellies

This class is specifically designed for pre and post natal women. Bookings are essential and arranged directly with Preggi Bellies on 1300 727 171

Yoga - Iyenga

A mind and body experience, where you will learn traditional yoga techniques that will help improve flexibility & strength while relaxing your mind.

BOOKINGS ARE RECOMMENDED FOR SPIN/CYCLE CLASSES. PLEASE BOOK AT RECEPTION ON THE SAME DAY OF THE CLASS ON WEEKDAYS AND FROM 8.30AM ON SATURDAY MORNINGS.