

Group Fitness Timetable

	Time	Class
Mon	09.30 - 10.30	Hips, Bums & Tums
	10.30 - 11.15	Beginners Spinning
	18.45 - 19.30	Boxercise
	19.30 - 20.15	Spinning
	20.00 - 20.45	Zumba
	20.15 - 21.00	Spinning
Tues	09.30 - 10.15	Body Sculpt
	10.30 - 11.15	Spinning
	18.00 - 18.45	Body Conditioning
	19.00 - 19.50	Pump FX
	19.00 - 19.45	Spinning
	19.45 - 20.30	Aqua (pool)
20.00 - 21.00	Yoga	
Wed	09.30 - 10.15	Body Tone
	18.00 - 18.45	Boxercise
	19.00 - 19.45	Circuits
	19.00 - 19.45	Pilates
	19.15 - 20.00	Spinning
	20.00 - 20.45	Zumba
Thurs	09.30 - 10.30	Spinning
	10.00 - 11.00	Aqua (pool)
	18.00 - 18.45	Pilates
	18.15 - 19.00	Spinning
	19.00 - 19.45	Aerobics
	20.00 - 20.45	Zumba
Fri	09.30 - 10.15	Body Tone
	17.00 - 17.45	Spinning
	18.00 - 18.50	Pump FX
	19.00 - 20.00	Yoga
Sat	09.30 - 10.15	Spinning
Sun	10.30 - 11.30	Circuits
	19.00 - 20.00	Yoga

Issue 1 - January-April 2012
Timetable may be subject to change.

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STRENGTH AND CONDITIONING

LEGS BUMS TUMS - Low Impact conditioning class-incorporating squats, lunges, & floor work targeting areas from the waist down.

BODY TONE/ CONDITIONING - As above with a mix of low impact exercises, with the use of hand weights, bands & body bars. May incorporate some aerobic moves.

PUMP FX - Uses a specifically designed barbell system & incorporates weights into a pre choreographed workout.

CIRCUITS - A moderate/high intensity circuit class with timed interval exercises at multiple stations, to help improve cardiovascular fitness & muscular strength & endurance.

AQUA-FIT - A water based aerobic class ideal for those with joint problems or injuries.

CARDIOVASCULAR

BOXERCISE - Stress relieving class that's concentrates on the skills and techniques of boxing using a variety of boxing methods.

STUDIO CYCLING - An indoor cycling class tailored to your own level, to help improve your cardiovascular fitness.

AEROBICS/ AERO-TONE - An exercise to music class, incorporating toning exercises.

PILATES - A mat based workout to improve core strength agility & strengthen muscles.

YOGA - A class to improve powers of mental concentration & body control. Helping to conserve & increase your energy flow.