



# GROUP FITNESS TIMETABLE

A's, B's, T's	Beginner	Abs, butts & thigh class. Includes warmup. A low impact class aimed at toning those problem areas
AQUA	Beginner	Low impact exercises utilising the resistance of water. There is less stress on bones & joints because water supports your body weight. Ideal for all fitness abilities. Suitable for mature and pre/post natal participants
CIRCUIT	Beg/Int/Adv	High intensity workout involving weight bearing and aerobic exercise. Ideal for weight loss & improving muscle tone.
FAT BURNER	Int/Adv	Designed to burn body fat by elevating heart rate and burning calories. Warmup, hi/lo aerobics, sit ups & cool down
FIGHT DO	Int/Adv	Combining the best of boxing and martial arts. A very simple, dynamic & intense fitness experience. Fight Do is effective & fun. It will get you burning calories and give you amazing results!
POWER FIT	Beg/Int/Adv	It's motivating, challenging & entertaining. Combining cardio with the use of barbells. The class targets all muscle groups. A complete effective workout for everyone.
PILATES	Beg/Int/Adv	Specialised class using exercises to increase core strength, improve flexibility & posture. Suitable for all ages and fitness levels. Great for those with injuries!
TEEN CIRCUIT	Beg/Int/Adv	Ages 9 - 14. Run by qualified instructors the focus is incorporating fun & fitness. The teen program involves weight bearing exercise which will strengthen bones & joints & improve muscle tone. The class will improve aerobic fitness and aid in weight control.
TOP RIDE	Beg/Int/Adv	Cycle your way to fitness. Burn maximum calories fast and tone and shape your body. Ride to the Top!
KI-MAX	Beg/Int/Adv	Meaning 'maximum energy' is class is a simple, no co-ordination needed, free standing bag, kickboxing program Suitable for men, women, young and old.
TRI	Beg/Int/Adv	A combo class incorporating hi/low, weights & muscle toning exercises to target the entire body. Tri hard or go home!
X55	Int/Adv	High energy & high intensity. Burn fat and gives maximum toning to all muscles in the body. The class uses a step and dumbbells and is the ultimate in ensuring you train at 100%.
YOGA	Beg/Int/Adv	For relaxation and stress management. Known for its positive effects on releasing muscle tension & improving posture. During the winter months it is recommended that you bring a blanket to keep warm during the meditation section of the class.
ZUMBA	Beg/Int/Adv	Ditch the workout, Join the party! Zumba combines Latin and international music to create a dynamic, exciting & effective dance fitness class. Calorie-burning, energizing & most of all

Time	MON	TUE	WED	THURS	FRI	SAT	SUN
9:15AM	POWER FIT	PILATES	FAT BURNER	A's, B's, T's	TOP RIDE		9:30AM POWER CARDIO
10:00AM						ZUMBA / EXTREME CIRCUIT	
10:30AM	CIRCUIT		CIRCUIT				AQUA
5:00PM		TEEN CIRCUIT		TEEN CIRCUIT			
6:00PM	X55	ZUMBA	POWER CARDIO	BOOTCAMP			
6:15PM	CIRCUIT	CIRCUIT	CIRCUIT	CIRCUIT			
7:00PM	TOP RIDE	FIGHT DO	TOP RIDE	ZUMBA	HATHA YOGA		
7:15PM	CIRCUIT	CIRCUIT	CIRCUIT	CIRCUIT			
7:30PM			AQUA				
8:00PM	HATHA YOGA	FAT BURNER	A's, B's, T's	PILATES			

## CASUAL RATES

AEROBICS	\$10.00
CIRCUIT	\$10.00
PILATES	\$10.00
YOGA	\$10.00
TEEN CIRC	\$5.00

## CLASS DURATION

AEROBICS	1HR
CIRCUIT	45 MIN
PILATES	1HR
YOGA	1HR
TEEN CIRC	1HR