














# GROUP FITNESS TIMETABLE



	MON	TUE	WED	THU	FRI	SAT	SUN
6:15am		Boot Camp (starts 8/11)		Boot Camp (starts 8/11)			
9:30am	Cycle 	THT	Cycle 	Boxing/ Cycle		Cycle  Body Challenge	
10:30am		Pilates	 Just Abs		Yoga		
5:30pm	 Just Abs		 Box Express				
6:00pm	Step	Cycle	Cycle	Cycle			
6:30pm		Fatburn Circuit		Boxing Circuit			
7:00pm			THT				
7:30pm							
8:00pm							



= FAST TRACKED CLASSES (30 MINUTES)

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**OPENING HOURS: Mon - Thur: 6am - 10pm, Fri: 6am - 9pm**

**Sat: 8:00am - 5pm, Sun: 9am - 1pm**

## CLASS DESCRIPTIONS

### BODY CHALLENGE - Leash

Develop your SASS – stamina, attitude, strength and shape. Work at your own level and pace through a range of fun challenges for the core, arms, legs and fitness. It may include boxing, free weight, medicine and fitball work....and something totally unexpected!

### BODY PUMP – Lisa, Leash & Mary

Everybody needs to Pump at least once, but watch out, it's addictive! The original and best full-body resistance workout is simple yet effective. Set to great music, it builds muscular strength and endurance along with cardio fitness. Beginners focus on technique, and then gradually beef up your barbell and dumbbell weights for an awesome payoff.

### BOXING CIRCUIT –

A non-stop, high energy, cardio boxing style class. Punching and kicking combinations offer constant change and challenge. It keeps your heart rate up and constantly burning. Class includes pad work and use of boxing gloves and mitts. We recommend for hygiene reasons that you bring your own gloves to the class.

### FAT BURN CIRCUIT - Maree

A combination of cardio and resistance training in a fun social setting. Work at your own level and pace through a range of fun challenges for the core, arms, legs and fitness.

### CYCLE – Cachet, Tracey, Leash & Cindy

45 minutes of fat-burning action. Tackle hills, spins and more to the beat of music. Pace yourself at first, then watch your fitness, leg strength and speed develop in this heart-rate raiser. Cycle is a perfect fit in a cross-training regime whether your aim is to keep up with the kids, perform better in sports or enter a triathlon.

### THT – Tracey & Cindy

Aiming on your tummy, hips and thighs this class consist of a great cardio workout including toning exercises, hand weights, general aerobics and even cycle. Work at your own intensity and in just a few weeks you'll begin to see your confidence grow and body reshape.

### JUST ABS – Sean & Leash

One class designed to working on just your stomach. In this half hour you will work on all of your stomach muscles to get you one step closer to a toned stomach. Great for beginners through to intermediates.

### PILATES – Paola

A satisfying floor work class that practices Pilates exercise methods. This class will focus on abdominal stabilization techniques, toning and stretching. This class is great for all fitness levels. Great for relaxation.

### YOGA - Paola

De-stress and relax your body- stretch to increase your flexibility, focusing on your mind and body. This class uses slow movements and stretches and is suitable for all fitness levels.

### BODY BALANCE - Louise

A blend of Yoga, Pilates and Tai Chi principals to lengthen, tone and balance. Controlled breathing, concentration and a carefully-structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

### STEP - Louise

Burn calories and tone the hips, butt and thighs using an elevated platform. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-along music

### ZUMBA - Julie & Odelia

You don't need to be a dancer to have fun and feel successful in a Zumba® group exercise class. The dance moves, including mambo, cha cha cha and salsa, are simple and easy to follow. In addition to this Latin flavour, our instructors may create an international feel by incorporating swing and belly dance moves into the