

**Timetable Effective  
Monday 26<sup>th</sup> July**



**FITNESS  
SHACK**

*A Real Community Feel*

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	Monday		Tuesday	Wednesday		Thursday	Friday	Saturday
	Group Exercise Room	Cycle Room	Group Exercise Room	Group Exercise Room	Cycle Room	Group Exercise Room	Group Exercise Room	Group Exercise Room
6:00am				NEW TIME	Cycle Jenny			
9:30am	THT Tracey	Cycle Jenny	Power Combo Tracey	Zumba Angie	Cycle Tracey	Step Angie	Body Pump Leanne	THT Jenny
10:30am			Pilates Paola			Yoga Helen		
5:30pm	½ Hr PT Blitz Angie		Fatburn Circuit Maree	Zumba Angie				
6:00pm	½ Hr Abs Angie		Cycle Jo		Cycle Donna			
6:30pm	Body Pump Nicola			Step Louise				
7:00pm					Fighting Fit Pete	Zumba Angie		
7:30pm	Yoga Jodie			Body Balance Louise				

## CLASS DESCRIPTIONS

**½ Hr Abs** – ½ hour class focussing on the abdominals & core strengthening muscles.

**½ Hr PT Blitz** – ½ hour class conducted like a group Personal Training session. No co-ordination required, just a can do attitude!

**Body Jam** – A great workout where you're free to enjoy the sensation of dance! The emphasis is as much on having fun as breaking a sweat.

**Body Pump** – A weight based class designed for muscle conditioning & strengthening. Great for men & women of all fitness levels.

**Cycle** – 45 minutes of resistance cycling to music. A great way to burn calories.

**Fatburn Circuit** – A combination of cardio & muscle conditioning exercises which burn calories whilst strengthening & toning.

**Fighting Fit** – A fun & fantastic cardio & toning workout! Build fitness, agility & fitness fast with a variety of training styles.

**Fitball** – Using a fitball you will strengthen your core and all over body. A great class for fatburning, abdominal work and balance.

**Pilates** – A class focussing on improving core strength, stability & posture. This class also helps with toning, shaping, focus and control.

**Step** – A fun class using an elevated platform which can be tailored to suit all fitness levels. A great way to burn fat & increase fitness.

**Power Combo** – A combination of strength & cardio training. A great way to burn calories & tone up.

**THT** – A great workout targeting those "troublesome" areas: Tummys, Hips and Thighs!

**Yoga** – Improve your flexibility and stamina whilst relaxing the mind. A great way to unwind.

**Zumba** – Easy to follow dance moves to a fusion of Latin & International music that creates a dynamic & exciting fitness class!

## Operating Hours

Mon to Thurs: 6:00am – 9:00pm

Fri: 6:00am – 8:30pm

Sat: 8:00am – 5:00pm

Sun: 9:00am – 1:00pm