

Group Fitness SUMMER

Timetable

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6.00 AM		BODYPUMP Peter	BODYCOMBAT Maryanne	30min Box Maryanne	BODYBALANCE Kerry		
8.30	HEARTMOVES Julie	HEARTMOVES STRENGTH Lyn	HEARTMOVES 8.15AM Start Lyn	HEARTMOVES Julie	HEARTMOVES Lyn	BODYPUMP Maryanne	
9.00							BODYPUMP Lyn/Megan/ Lisa/ Pussycat
9.30	BODYATTACK Nic	BODYPUMP Lyn	XTRAIN + Boxing Maryanne	BODYPUMP Maryanne	BODYCOMBAT Nic	BODYCOMBAT Jenny	
10.30	BODYPUMP Jenny	BODYCOMBAT Nic	BODYPUMP Jenny	BODYATTACK Lisa	XTRAIN Megan	BODYBALANCE Julie	
11.30	BODYBALANCE Julie	ZUMBA Gold Megan	BODYBALANCE Julie	ZUMBA Gold Megan	Senior Strength GYM		
12.30	11.30-1.30pm Live Stronger Live Longer	Tai Chi Kiaran	11.30-1.30pm Live Stronger Live Longer		11.30-1.30pm Live Stronger Live Longer		
4.30 PM			XTRAIN Megan		RPM Josh		
5.30	BODYPUMP Maryanne	BODYATTACK Lisa	BODYPUMP Peter	BODYCOMBAT Jenny	BODYPUMP Lyn/Pussycat		
6.30	BODYCOMBAT Maryanne	BODYPUMP Megan	BODYATTACK Nic	BODYPUMP Megan			
7.30							



2nd January – 31st March 2018

TIME	MON	TUE	WED	THURS	FRI	SAT
6.30 AM				CXWORX Maryanne		
9.00	CXWORX Josh		CXWORK Maryanne		CXWORX Maryanne	8:30am RPM Julia
9.30		9.45am RPM Jenny				
10.30				CXWORX Maryanne		
4.30 PM					RPM Josh	
5.30	5.00pm CXWORX Maryanne	RPM Josh	6.00pm CXworX Josh	RPM Jenny		
6.30						



The most successful group fitness program in history, Les Mills **BODYPUMP®** is a 45-60 minute class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. After an initial warm-up, all the major muscle groups are worked via a series of weight-bearing exercises including squats, presses and lifts. The class finishes with a cool-down and stretch. Les Mills **BODYPUMP®** is proven to be "the world's fastest way to get in shape" by research which has confirmed higher than expected fat-burning effects alongside endurance, strength and "wellness" benefits.



Explosively popular in clubs around the world, **BODYCOMBAT®** combines moves and stances from a range of self-defence disciplines like karate, boxing and taekwondo into an hour-long energetic routine. Music and pre-choreography create a fierce, energetic experience which raises fitness levels throughout the whole body, while reducing fat and cholesterol.



BODYBALANCE® is a revolution in mind-body training. A dynamic, fitness-to-music program that leaves you feeling relaxed and renewed, **BODYBALANCE®** combines the best of eastern disciplines, like yoga and tai chi, with popular new methods such as Pilates. 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.



RPM™ is an indoor cycling program designed to develop cardiovascular capacity. Burning up to 800 calories in one 45-minute session, **RPM™** is a favourite of those wanting to reduce body fat. Known to devotees and Les Mills choreographers as "the rock concert on wheels", **RPM™** incorporates the best of biking choreography and great music. It provides a fast improvement in general endurance and an increase in lower body strength.



BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor! Like all the LES MILLS™ programs, a new **BODYATTACK™** class is released every three months with new music and choreography



30 minutes of **Les Mills CXWORX** is all you'll need to give your core a challenging workout that features a mix of isolation exercises (like crunches or leg extensions) that target specific muscles & integrated moves that use two or more muscle groups together. Based on cutting edge scientific research, **CXWORX**, is the ultimate way to get a tight & toned core. With dynamic training that hones in on your abs, glutes, back, obliques & "slings" connecting the upper & lower body, this workout will leave you looking a feeling strong.

BOX & BLAST

A non body contact class specifically designed to improve strength, resistance & cardiovascular fitness. Incorporating boxing drills, circuits & strength training, this class will improve your body fat loss, toning & all round fitness. Suits all fitness levels.

Please note, participants are required to wear cotton glove liners for this class, there can be purchased at reception.

Live Stronger Live Longer is a senior's orientated strength training program. Strength training will help you if relate to any of the following:

- difficulty walking long distances or climbing stairs
- getting tired quickly & lack in energy
- suffer from arthritis, diabetes, or osteoporosis
- have difficulty lifting things during your daily tasks
- you prone to falling

If you answered yes to any of the above strength training can help you!!



HEARTMOVES is a great way of getting started back into exercise again, or starting for the first time and the trained leaders will show you how to complete easy and enjoyable exercises which don't strain your body. All sessions are supervised by the trained leaders, and are lots of fun. This is a great way to meet new people and socialise, and this all helps to keep you on-track and motivated to keep exercise a regular part of your life. **HEARTMOVES** programs are ideal for people who are managing lifelong health conditions such as heart problems and diabetes, arthritis, lung and chest conditions, as well as those with risk factors such as high blood pressure, high cholesterol, overweight, depression, etc. Programs are specifically designed to be safe for people with these types of health conditions and the trained and accredited leaders operate within a set of safety guidelines.



Tai Chi is probably the easiest of the exercise regimes to get started in because it requires no special equipment & can be done seated or standing. It is not the quantity of Tai Chi you do, it is the quality of it! The health & medical benefits are numerous, proven & documented & include better balance, bone density, immune system & strength. It also improves mind & brain function to help memory, mood, anxiety & depression & by stimulating the brain it may help to reduce the dementias like Alzheimer's.

CRECHE : \$3.00 PER CHILD

Morning sessions - Bookings are essential for all sessions

Monday - Friday 9am - 10.30am & 10.30am - 12.00pm

Saturday 8.30am - 9.30am, 9.30am - 10.30am & 10.30am - 11.30am

Evening sessions

Monday, Tuesday, Wednesday & Thursdays 4.30pm - 7.30pm