

Group Fitness Timetable

5th August 2024

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Live Classes	10:00 AM	Gym Floor Circuit 10:00 am -10:45am	Mat Flow Pilates 10:00 am- 10:45 am	Fit & Fabulous 10:00 am – 10:45 am	Total Tone 10:00am – 10:45am			
	11:00 AM			Stretch 11:00am – 11:30am				
	05:30 PM		Total Tone 05:30pm – 06:15pm	Gym Floor Circuit 05:30pm – 06:15pm	Stretch & Strength 05:30pm – 06:15pm	Mat Flow Pilates 05:30pm-06:15pm		
	6:00 PM					Mat Flow Pilates 6:30 pm- 7:15 pm		

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Virtual Classes	06:00am	BODY BALANCE	BODY PUMP	DANCE	BODY COMBAT	SPRINT		
	12:00pm	SPRINT	BODY COMBAT	BODY PUMP	DANCE	BODY BALANCE		
	05:30pm							
	06:30pm	BODY PUMP	DANCE	BODY BALANCE	SPRINT			

Group Fitness Descriptions

5th August 2024

GYM FLOOR CIRCUIT – 45min

This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results you came for – and fast!

BODY COMBAT– 45min

Body Combat is our martial arts inspired cardio class. Powerful combinations of boxing, kickboxing, muay thai, and other styles ensure you get great results from interval training.

MAT FLOW PILATES – 45min

Pilates workout will help you to build flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODY ATTACK – 45min

BODYATTACK® is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

STRETCH & STRENGTH – 45min

Stretch & Strength is a 30 minute core and stretching training workout that hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

FIT & FABULOUS– 45min

Sculpt, tone and define your body with our Fit & Fabulous class. This results driven workout combines resistance training and targeted exercises to help you build lean muscle, increase strength and improve overall body composition.

CARDIO BLAST – 30min

A quick 30 minute workout to get your heart rate up. Cardio based workouts can help improve heart health, burn calories and increase stamina.

TOTAL TONE – 45min

Functional Strength training uses compound exercises that improve strength, balance and coordination that can easily be transferred to daily activities such as walking, bending and lifting. Suitable for anyone looking to build strength for everyday life.

STRETCH – 45min & 30min

As you age your muscles tighten & range of motion in the joints can be minimised. A regular stretching program can help lengthen your muscles & make daily living easier. Other benefits include reducing risk of overuse injuries, improved performance, relaxation and stress relief. This is a social class.