

GROUP EXERCISE TIMETABLE

Starts Monday 1st March 2010
Cycle and RPM 20 participants only

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00am						OXIGENO Debra
9.00am						BODY PUMP Maria
9.30am	BODY PUMP Cori	FUSION Mirnes/Vanessa	PUNCHFIT Mirnes	BODY PUMP Trish	BODY ATTACK Cori	
10.00am						BODY ATTACK Kylie
10.45am	EASYFIT Barry	FITBALL Barry	STRETCH & RELAX Debra/Barry	EASYFIT Debra	OXIGENO Debra	
11.15am						
11.45am					ABLE & STABLE Jo/Stuart	
12.30pm				BLITZ 45MIN Barry		
5.30pm	BODY PUMP Jack	BODY COMBAT Alecia	BODY PUMP Alecia	BODY COMBAT Alecia	BODY ATTACK Brooke	
6.30PM	NEW BODY STEP Kay	BODY ATTACK Kate	NEW AB BLAST Starts 10 th March	BODY PUMP Jack		
7.30pm		FITBOX Barry				

AQUA

	MON	TUE	WED	THUR	FRI	SAT
8.30am						9am Aqua Outdoor
9.30am	AQUA Maria	AQUA Cathy	AQUA Debra	AQUA Debra	AQUA Debra	
6.45pm						
7.00pm	AQUA Debra		AQUA Cathy			

FULCHER'S BIKE HUB

	MON	TUE	WED	THU	FRI	SAT	SUN
8.00am						SPIN Brooke	
9.00am							RPM Ses
9.30am							
10.30am	RPM Cori			RPM Trish			
12.30pm		CYCLE Barry					
5.30pm		RPM Bill		RPM Jack			
6.30pm	RPM Ses		CYCLE Jo		CYCLE Brooke		

A few reminders:

1. A maximum number of 30 participants will be accepted per class
2. Please arrive 5-10min before a class, especially for weights classes
3. As a courtesy to class participants please avoid entering classes once they have started
4. Please assist us by providing the Health Club with feedback! Complete a Feedback Form at reception.

Group Exercise Timetable Description

NEW CLASSES

- ☑☑☑ **Oxigeno**
A low impact combination of core stabilizing fluid moving exercises to strengthen and tone the entire body. A great class for every fitness level! This class incorporates Pilates, Yoga and contemporary dance to music.
- ☑☑☑ **Fusion**
Improve your overall peak muscle torque through drills and techniques involving a combination of strength and cardio training systems. A new way to sculpt the body using different conditioning techniques.
- ☑☑☑ **Stretch & Relax**
A low impact class for all fitness levels, improves flexibility, core strength, range of movement and mobility.

EXISTING CLASSES

- ☑☑☑ **Body Combat**
Keep your eyes on the prize and explore 10 rounds of authentic martial arts movements to music. Jump to the amazing soundtrack with a full array of punches and kicks from a variety of combat arts. The main event includes focus on technique to get muscles ready for full action. Athleticism. Dynamics. The challenge is there for the taking. Are you in?
- ☑☑☑ **Body Pump**
A non-impact class designed to work all the major muscles groups of your body, using adjustable weight loaded barbells and body weight exercises to fantastic music.
- ☑☑☑ **Body Attack**
Is a high intensity interval workout combining simple athletic moves and advanced strength work with great music. Low intensity options cater for all fitness levels. Body Attack will improve your cardiovascular fitness and co-ordination while burning calories at a fast and furious rate! If you are looking for inspiration and athleticism, this class is for you.
- ☑☑☑ **Body Step**
Is a simple, athletic, fun workout using an adjustable step platform to step up and down to uplifting music. Some of the benefits of this class are toning for the lower body, increased cardio fitness and coordination and upper and lower body conditioning for functional strength.
- ☑☑☑ **RPM / Fitbike / Cycle/Spin**
A 45 min indoor cycling class that has a great fat burning effect and will improve cardio fitness fast and is a great endurance builder
- ☑☑☑ **PunchFit / FitBox**
A high energy class! Come along and get one of the best full body workouts around. Challenge and build your cardiovascular fitness while you burn calories at a high rate. Define and tone your body like never before! For all fitness levels with low options offered the whole way. Guaranteed Results!
- ☑ **Easyfit and Active Over 50's**
Simple exercises aimed at increasing coordination, balance, strength, fitness and flexibility. Suitable for beginners, over 50's and rehab clients.
- ☑☑☑ **Fitball**
Fit ball class combining core body strength, flexibility and cardio.
- ☑ **Able & Stable**
A gentle exercise class aimed at Improving balance, coordination and fitness. Suitable for people with mobility problems, recovering from recent surgery and those using a walking aid.
- ☑☑☑ **Aqua Fitness including Deep Aqua**
The water provides great cardio workout with cushioning, resistance and support – a great injury and prevention workout! Joints are safely supported with exercises that are lots of fun

