GROUP FITNESS TIMETABLE

STUDIO 1						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
	#6.10am Body Pump		#6.10am Body Pump			
9.30am Step	9.15am Step	9.30am Tri Aerobics	#9.30am Body Pump	9.30am Body Combat	9.15am Tri Aerobics	
#10.15am Zumba	10.00 am TTB	10.15am Body Pump	#10.30am Zumba		#10.00am Body Pump	10.15am TTB
5.15pm Zumba	5.15pm TTB					
6.00pm Step	#6.00pm Body Combat	#6.15pm Body Pump				
#6.45pm Body Pump	#7.00pm Body Balance	#7.15pm Body Combat	7.00pm Thump	6.45pm TTB	# = 60 minutes all other classes 45 minutes	
7.45pm TTB			#7.45pm Zumba			

STUDIO 2						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
#6.10am Circuit				#6.10am Circuit		
#9.30am Circuit	#9.15am Circuit	#9.30am Thump	#9.30am Circuit	#9.30am Circuit		#9.30am Circuit
#10.15am FitBall	#10.00am Thump	#10.15am FitBall		10.15am Body Balance		
6.00pm Circuit						
6.30pm Circuit				# = 45 minutes all other classes 30 minutes Body Balance - 1 hour		
#7.00pm FitBall	#7.00pm FitBall		7.30pm Body Balance			

GROUP CYCLING STUDIO - SPIN CLASSES						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
		6.10am				
9.30am					9.15am	
	10.30am		10.30am	10.15am		
6.15pm	6.00pm	6.15pm	6.00pm	6.00pm	all classes 45 minutes	
	7.00pm					

EFFECTIVE 6 APRIL 2013

CLASS DESCRIPTION

***Aerobics* - a cardio workout sure to motivate & inspire you with great instructors & music.**

Body Balance - leaves you feeling relaxed & renewed. Combines eastern disciplines such as yoga, tai chi and pilates. Structured stretches, moves & poses bring the body into a state of harmony & balance.

***Body Combat* - combines moves from karate, boxing & taekwondo. The music creates a fierce energetic experience which increases your fitness levels while reducing fat & cholesterol.**

Body Pump- barbell class that strengthens your entire body. This workout challenges all your major muscle groups. Great music & your choice of weight inspire you to get the results you came for and fast!

***Circuit* - a combination of cardio & strength training which provides a great workout increasing general fitness, assisting in weight loss and lowering blood pressure.**

FitBall - creates an exciting all round workout that promises to surprise & challenge. Focussing on core stabilisation, strength & conditioning, injury prevention, flexibility & mobility.

***Spin* - designed to increase cardio capacity and amazingly burn up to 800 calories in one session. If you want serious results seriously fast, get on your bike and experience the fat burning ride of your life.**

Step - delivers a high energy cardio workout to music, resulting in calorie burning and toning of the lower body.

***TRI Aerobics* - a little bit of everything. A low to medium impact class consisting of aerobics, step and TTB.**

TTB Tummy, Thighs, Bottoms- exactly as it sounds….a muscle conditioning workout which concentrates on the stomach, thighs and buttocks.

Thump - A non contact boxing class that increases cardiovascular fitness, endurance and muscle tone.

Zumba - features interval training sessions where fast and slow rhythms and resistance training are combined to tone and scuplt your body while burning fat. Add some latin moves and you've got a Zumba class. Come join the party!

benefitness & health centre

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