

# DEFINITION

FOR EVERY BODY

## Group Exercise Timetable

**Commencing Monday 3<sup>rd</sup> August 2009**

| TIME          | MONDAY                           | TUESDAY                      | WEDNESDAY                      | THURSDAY                          | FRIDAY                                      |
|---------------|----------------------------------|------------------------------|--------------------------------|-----------------------------------|---|
| Early Morning | Boot Camp<br>7am<br>Dave         | YOGA<br>7.30am<br>Patty      | BOOT CAMP<br>7.00am<br>Dave    | RPM<br>7:15am<br>Camilla          |   |
| 12.10pm       | BODY PUMP<br>Kim                 | PILATES<br>Annie             | FIGHTING FIT<br>Robbie         | BODY PUMP<br>LouLou               | BODY BALANCE<br>Jess                        |
| Various times | FIGHTING FIT<br>1.10pm<br>Damian | RPM<br>12.10pm<br>Maria      | RPM<br>12pm<br>Melinda         | 1.10pm<br>Circuit Works<br>Robbie | RPM<br>12.10pm<br>Maria                     |
| Various times | Body Balance<br>5.30pm<br>Liza K | Body Pump<br>1.10pm<br>Maria | BODY BALANCE<br>1pm<br>Melinda |                                   | FIGHTING FIT<br>Advanced<br>Gordi<br>1.10pm |
| 5.30pm        | RPM<br>Ivonne                    | Circuit Works<br>Dave        | BODY PUMP<br>Mike              | YOGA<br>Patty                     |   |
| 6.15pm        |                                  | Body Balance<br>Jenifer      |                                |                                   | Gym closes<br>7:30pm on Fridays             |

### IMPORTANT NOTES:

- You must use a towel and for your own comfort we recommend you also bring a water bottle to class.
- For safety reasons and in consideration of other members, please do NOT pack away your Pump and Step equipment before the class has finished.
- As a courtesy to other members and the Instructor, please do not enter classes late. It is also in your own best interests not to miss the warm up.
- If you suffer from any injury, ailment or are pregnant, we strongly recommend you consult with your health professional to ascertain if the class you wish to participate in is suitable for you.
- Please always advise the Instructor if you are attending a class for the first time

### DEFINITION HEALTH CLUB - Haymarket

Mon - Thurs: 6.30am – 8:30pm,  
Friday: 6.30am - 7.30pm  
Saturday, 9.00am – 1pm  
Sunday 9.00am - 1pm

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## What's in store for August 2009?

Thank goodness August marks the last month of winter. Working out when it's cold can be unpleasant but for those of you who have stayed motivated through the winter months- good on you! For those of you participating in the City to surf we hope you're training pays off, if it is your first time, then good luck and have fun.

This month we will be running our "Keenest class member" competition. The person who participates in the most amount of classes over the month of August wins a 6 month membership. For more information and to register, see the team at reception.

### Group Exercise

Classes that have been red-lighted are the Monday evening RPM class and the Wednesday evening Pump class. If you would like these classes to still remain on the timetable then vote with your feet and come along to the classes.

### Time changes

\*Please note that the Wednesday RPM class will now be at 12pm and Body balance will follow at 1pm.

\*Tuesday night Body Balance will now be at 6.15pm.

That's all from us, enjoy the month!

### Team Definition

### Class Descriptions

|  |  |
|--|--|
| <p><b>Boot Camp</b> (circuit training using basic exercises and pliometrics)<br/>Here's an uncomplicated class that features basic exercises, lots of energy and guaranteed results. Great for newcomers to group fitness as well as dynamite workout for more experienced participants.</p>   | <p><b>Circuit Works</b><br/>Different exercise stations which are timed. The exercises are basic but the intensity is high. Giving you a varied and challenging workout.</p>   |
| <p><b>Fighting Fit</b> (Free-style boxing and martial arts)<br/>Glove up! You'll be trained by expert boxers using focus pads, skipping ropes, kick/punch shields, hand weights plus participate in partner work to develop insane fitness and technique while ripping up the calories! This class has it all, strength, endurance, agility plus stress relief. It's a knockout for men and women!</p> | <p><b>Body Balance</b> (pre-set tai chi, power yoga and Pilates to music)<br/>A Yoga influenced program that is set to uplifting, contemporary music. Body Balance creates harmony between breath and movement, awareness and concentration. The result is increased flexibility, improved core strength, and heightened mental and physical awareness.</p>  |
| <p><b>Pilates</b> (pre-set Pilates moves to music)<br/>A popular mind-body conditioning method developed by Joseph Pilates, the movements combine Eastern and Western philosophies for physical and mental development and aims to promote neuro-muscular harmony, balance and co-ordination, while increasing strength and flexibility.</p>   | <p><b>Body Pump</b> (pre-set weight training to music)<br/>A weight training class to music using an adjustable lightweight barbell to perform the exercises. Body Pump works all the major muscle groups to develop strength and endurance, plus improve bone density. With only 2 to 3 sessions per week, you can look forward to dramatic improvements in muscle tone within a matter of weeks.</p> |
| <p><b>RPM</b> (raw power in motion)<br/>An awesome studio cycling class which will lead you on a journey of total calorie destruction!! Fantastic for shaping and toning your lower body and will dramatically increase your fitness levels. A perfect class if you are new to group fitness as the ride is totally controlled by you via a resistance gauge</p>                                       | <p>Please remember to use a towel when working on equipment as This is a health regulation requirement.<br/>Towels can be hired from reception for \$3.50</p>  |
| <p><b>Yoga</b><br/>Hatha Yoga is a flowing vinyasa style that links movement with the breath. Various postures are chosen in sequence that will balance both sides of the body as well as strengthen core muscles. Beginners most welcome.</p>   |  |