

Group Exercise Timetable

COMMENCING 14th JUNE 2010

Time	Mon	Tue	Wed	Thu	Fri	Sat
8:30am						Pilates Lia
9:30am	Cycle/THT Jeannie	Latino Burn Karina	Body Combat Jacqueline	Step/Circuit Jeannie	Body Pump Jeannie	Body Pump Jacqueline
10:30am	Body Pump Jeannie	Pilates Christina				Latino Burn Karina
5:30pm	Latino Blast Karina	Boxing Peter	Cycle Jeannie		Boxing Peter	
6:00pm			Body Pump Jacqueline	Body Pump Lynda		
6:30pm	(Studio 1) Cycle Kylie (Studio 2) Body Pump Jeannie	Body Combat Jacqueline			ZUMBA Daniel	
7:00pm			ZUMBA Daniel	Cycle Sheree		
7:30pm	Step/Circuit Jeannie	Body Balance Jacqueline				

Please note: Classes are subject to change at short notice due to instructor availabilities.

Glove hire for the boxing classes is \$2.00.

We value your feedback so, if you have any suggestions regarding what classes and times you would like to see on our timetable, please complete an Aerobics Questionnaire.

GROUP FITNESS CLASS DESCRIPTIONS

Body Pump	BODY PUMP is the world's biggest exercise participation program. All the benefits of weight training using adjustable weights in a friendly environment & set to great music. All welcome!
Body Balance	BODY BALANCE combines the many beneficial and splendid aspects of Yoga, Tai Chi and Pilates. Set to inspiring and uplifting music. Strengthen the mind and the body. Relax and find your inner peace! Beginner – Advanced level.
Body Combat	BODY COMBAT is an explosive workout that 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. Feel the power! Intermediate – Advanced level.
Cycle	CYCLE is an intensive cardiovascular workout designed to push you to your peak fitness. Suitable for all fitness levels, 45min resistance cycling to music.
Cycle / THT	CYCLE / THT is a combination of half an hour of cycle (on a bike) and half an hour of THT. This class aims to get those fitness levels up so you're confident and able to complete a full class of each. So do a workout on those problem areas... Tummy, Hips and Thighs, and burn off those excess calories!
Boxing	BOXING is one of the ultimate forms of exercise, combining impact and cardio training. Suitable for all fitness levels.
Latino Blast	LATINO BLAST is designed for all fitness levels from beginning right through to the advanced. By combining choreography moves from Salsa, Samba and Latino style, you will get the most out of your dance style aerobic workout.
Latino Burn	LATINO BURN combines the basic choreography of Salsa, Samba and Latino style moves, along with freestyle choreography, hand weights and aerobic steps to give you an amazing aerobic workout.
Zumba	ZUMBA is an invigorating dance-fitness "party" that will have you movin', groovin' and shakin' the weight off to the sexy, exotic rhythms of salsa, cumbia, samba, merengue and more!
Pilates	PILATES concentrates on correct body alignment, breathing, lengthening and strengthening muscles using your core stability.
Step/Circuit	STEP / CIRCUIT involves a step workout using height adjustable steps to shape and tone the lower half, followed by a fat burning circuit class to kick off those extra calories.