

DEFINITION

FOR EVERY BODY

April 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
6.30am		Pilates Sharon		Body Pump Amanda	Boxing Damien	SATURDAY 8.30am Pilates Glenn 9.30am Body Pump Gabriela
12.15pm (45 min)	Body Pump Nicky	30 Minute Express Cycle Toni	Pilates Sharon/Glenn	30 Minute Express Cycle Amanda	Yoga Heather	
1.00pm (45 min)	Boxing Roger	12.45 (30mins) Rock Bottom Toni	Boxing Roger	12.45 (30mins) Rock Bottom Amanda		
5.30pm (45 min)	Pilates Glenn	Body Pump Laura	Body Attack Laura	Body Pump (60 mins) Laura	Cycle Amanda	SUNDAY 9.30am Yoga Sophie
6.15pm (45 min)	Body Pump Amanda	Yoga (60 min) Sophie	Cycle Glenn			
7.00pm (45 min)	Cycle Amanda		Pilates Glenn			

BOXING

Glove up! This class is all strength, endurance, agility plus stress relief. It's a knockout boxing session for men and women.

CYCLE

Fantastic for shaping and toning your lower body and will dramatically increase your fitness levels. Ride the calorie killer. It's low impact and the intensity is controlled by you! 600 calories in only 45 minutes.
Also now NEW EXPRESS CYCLE for those in a hurry to get fit! Perfect for first time participants.

BODY ATTACK



A high intensity interval workout with simple athletic moves and advanced strength work. Burns calories at a fast and furious rate. BODY ATTACK is simple, it's energized, it's challenging and it's not for the faint hearted!



Works all the major muscle groups of your body, and uses adjustable weight loaded barbells to work out with fantastic music. BODY PUMP builds lean muscle mass which raises your metabolic rate and encourages rapid fat burning, and also ensures awesome muscle tone.

YOGA

A body and mind experience where you will learn traditional yoga techniques that will help improve relaxation and flexibility. Works in a holistic style.

PILATES

This class concentrates on correct body alignment, breathing, lengthening and strengthening muscles using your core stability.

ROCK BOTTOM

A 30 minute core & leg work-out. Designed to work just your ABS, BUTT & THIGHS, an ideal addition to any program.

OPENING HOURS

Mon-Fri 6am – 9pm

Sat 8am – 4pm

Sun 8am – 2pm

Telephone 02 8905 0772

Web www.definition.com.au

Email stleonards@definition.com.au

* Instructors may change without notice due to illness or injury