



GROUP FITNESS

SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.45AM		CIRCUIT				
6.00AM	CIRCUIT		CIRCUIT		CIRCUIT	
6.30AM		PILATES		PILATES		
7.00AM					BODY MAINTENANCE	
9.00AM		CIRCUIT		VINYASA YOGA	CIRCUIT	CIRCUIT
11.15AM	RETROFIT		MUMS & BUBS		RETROFIT BOX	
5.00PM	EXPRESS GLUTES		EXPRESS CORE			
5.30PM	BOX & BURN	CIRCUIT	BOX & BURN	CIRCUIT	MONTHLY WORKSHOPS & SOCIAL EVENTS ON FRI NIGHT / SAT MORNING	
6.30PM		VINYASA YOGA	PILATES	YIN YOGA		

- ALL CLASSES 45MINS WITH THE EXCEPTION OF EXPRESS CLASSES AT 30MINS AND YIN YOGA AT 60MINS
- ALL CLASSES CAN BE MODIFIED TO YOUR OWN LEVEL, A PRE-EXERCISE QUESTIONNAIRE TO BE COMPLETED (MEDICAL CONDITIONS, INJURY ETC)



GROUP FITNESS

CLASS INFO

CIRCUIT

THESE CLASSES ARE DESIGNED TO GIVE YOU HIGH FITNESS RESULTS IN THE MINIMUM TIME POSSIBLE. INCORPORATING PLYOMETRIC, STRENGTH & FUNCTIONAL STRENGTH TRAINING. SUITABLE FOR ALL FITNESS LEVELS

45 MIN

INTENSITY LEVEL



PILATES

MAT PILATES IS A CHALLENGING LOW-IMPACT EXERCISE METHOD THAT BALANCES STRENGTH WITH MOBILITY, ALIGNS THE BODY, FINE-TUNES MOVEMENT PATTERNS & STRENGTHENS DEEPER MUSCLES OF THE CORE

45 MIN

INTENSITY LEVEL



BOX & BURN

TRADITIONAL BOXING TRAINING WITH AN EXTRA BURN OF CARDIO & CORE WORK. LEARN THE BASIC TECHNIQUES AND WORK ON A MIXTURE OF PAD AND BAG WORK. THIS CLASS IS NON CONTACT

45 MIN

INTENSITY LEVEL



YIN YOGA

60MIN OF BLISS - PASSIVE, LONGER POSE HOLDING TO SOFTEN & RELAX. GROUND YOURSELF WITH YOUR BREATHE AND SINK DEEPER INTO THE POSES AS YOU ADVANCE. MAT PROVIDED

60 MIN

INTENSITY LEVEL



EXPRESS GLUTES

30MIN INTENSE FOCUS ON THE GLUTES USING BANDS AND WEIGHTS PLUS BODYWEIGHT MOVEMENTS. STRENGTHEN YOUR GLUTES FOR BETTER POSTURE, BALANCE & INJURY PREVENTION WITH INCREASED LOWER BACK SUPPORT

30 MIN

INTENSITY LEVEL



RETROFIT

DESIGNED FOR OLDER ADULTS & THOSE NEEDING MODIFIED EXERCISE. A MIX OF RESISTANCE BAND WORK, BALANCE, STRENGTH & CARDIO WITH BOXING ON FRIDAYS ALL CAN BE DONE SEATED

45 MIN

INTENSITY LEVEL



MUMS & BUBS

POST-PARTUM SAFE GROUP CIRCUIT TO WORK ALONGSIDE YOUR BUBBA. SEMI-PRIVATE AVAILABLE MON & FRI, GROUP FITNESS WED. PRE-EXERCISE CONSULT REQUIRED TO ENSURE PELVIC FLOOR SAFETY

45 MIN

INTENSITY LEVEL



BODY MAINTENANCE

YOUR WEEKLY RESET TO STRETCH, BREATHE & EASE TENSION. INCREASE YOUR MOBILITY AN FLEXIBILITY THROUGH A GUIDED STRETCH WITH PROPS - A GREAT ADDITION TO YOUR WEEK

45 MIN

INTENSITY LEVEL



VINYASA YOGA

ENERGETIC FLOW WORKING WITH THE BREATHE TO BENEFIT THE BODY & MIND FOLLOWED BY A GROUNDING SAVASANA. SUITABLE FOR ALL LEVELS WITH MODIFICATIONS GIVEN - MATS PROVIDED

45 MIN

INTENSITY LEVEL



EXPRESS CORE

30MIN CORE STRENGTHENING THAT INCLUDES FOCUS ON LOWER BACK, HIPS AND STOMACH. A STRONG CORE IS KEY TO SUPPORTING YOUR WHOLE BODY & INCREASING STABILITY

30 MIN

INTENSITY LEVEL





SEMI-PRIVATE

SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.45AM		LADIES		LADIES		
6.00AM	MIXED		MIXED		MIXED	
7.00AM			LADIES			
8.00AM		MIXED		MENS 50+		MIXED
9.00AM	LADIES		LADIES		LADIES	
10.00AM	LADIES		LADIES		LADIES	
11.00AM	MUMS & BUBS				MUMS & BUBS	
5.00PM		LADIES		LADIES	MONTHLY WORKSHOPS & SOCIAL EVENTS ON FRI NIGHT/ SAT MORNING	
5.45PM	MENS	MENS	MENS			

- **STRENGTH & CONDITIONING SESSIONS - FOCUS ON TECHNIQUE AND FORM, THEY INVOLVE DUMBBELL, BARBELL & CABLE BASED WORKOUTS WITH CARDIO EQUIPMENT TO TRAIN YOUR ALL ROUND FITNESS. YOUR PERSONAL TRAINER WILL HELP YOU EVERY STEP OF THE WAY THROUGH THE WORKOUT AND BEYOND.**
- **1:1 AND 2:1 SESSIONS ALSO AVAILABLE ON REQUEST WITH ONE OF OUR SKILLED PT'S**
- **MUMS & BUBS IS DESIGNED FOR LADIES POST-PARTUM TO BEGIN EXERCISING AGAIN SAFELY FOLLOWING CLEARANCE FROM A PELVIC FLOOR PHYSIO.**
- **MEN'S 50+ HAS AN EMPHASIS ON MOBILITY AND FUNCTIONAL FITNESS.**
- **ALL SESSIONS CAN BE ADAPTED FOR INJURY/ REHABILITATION AND SPECIFIC GOALS.**