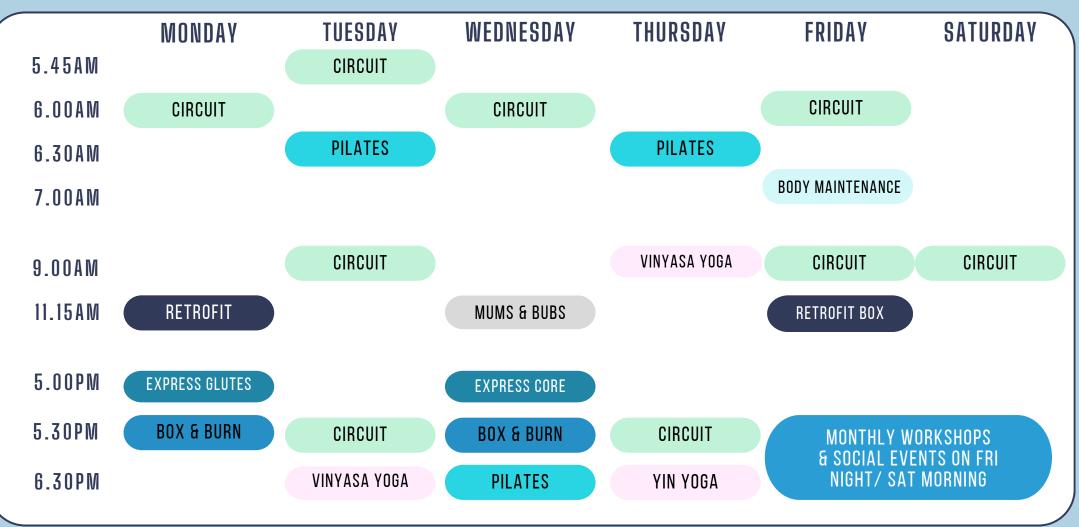


GROUP FITNESS s c h e d u l e



• 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)



CLASSINFO

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

> > 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

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

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

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

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

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

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

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

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







- 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.