

Group Fitness Timetable

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15am	SPIN IT	KIMAX	BODY COMBAT	KIMAX	BODY PUMP		
8.30am						SPIN IT Express	
9.00am		FITBALL Express		HBA(30mins) SPIN IT Express		KIMAX	
9.15am							BODY PUMP
9.30am	STEP	X-TRAINER SPIN IT Beg	KIMAX	FAT BLASTER	STEP Enduro SPIN IT		
10.00am						BODY BALANCE	
10.15am							BODY COMBAT
10.30am	BODY PUMP	BODY BALANCE	BODY PUMP	KIMAX	BODY PUMP		
4.30pm							
5.30pm	X-TRAINER SPIN IT	BODY PUMP	SPIN IT KIMAX	BODY COMBAT	BODY PUMP		
6.00pm							
6.30pm	BODY PUMP	BODY COMBAT * BODY BALANCE	BODY PUMP	BODY BALANCE			

* class held in Creche

Aqua Timetable

8.00am	Revitalise Aqua	Aqua Flow	Revitalise Aqua		Revitalise Aqua		
9.00am	AQUA FIT		AQUA FIT			AQUA FIT Please Note: 55mins Class	
6.30pm							
7.00pm		AQUA FIT		AQUA FIT			

NO ADMITTANCE to any Group Fitness class 5 minutes after the commencement of the class
• classes subject to change



Effective 31st October 2009

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BODY PUMP: Pre choreographed non impact class using barbells and adjustable weights to music. Conditions and defines all major muscle groups. (Beginner - Advanced)

BODY COMBAT: Pre choreographed martial arts based class that incorporates moves from karate, boxing and tai chi. (Beginner - Advanced)

STEP: A freestyle step class that improves your cardiovascular fitness and provides the ultimate workout for your butts and thighs. (Beginner - Advanced)

BODY BALANCE: A combination of tai chi, yoga and pilates. This class will increase your core strength, improve flexibility and reduce stress levels. (Beginner - Advanced)

FAT BLASTER: A low impact class focusing on keeping your heart rate in the fat burning zone. (Beginner - Advanced)

FITBALL: A great new concept of exercises using fitballs; designed to improve strength to the core, stabilizing muscles. Ideal for those needing a different workout. (Beginner - Advanced)

SPIN IT: An intense 45 - 50min ride to the finish! Come run, serge, climb and sprint your way to victory. (Beginner - Advanced)

X-TRAINER: Freestyle cardio class incorporating simple aerobic moves and floorwork. (Beginner - Advanced)

HBA: A 30 minute workout, targeting your hips, butts and abs. (Beginner - Advanced)

KIMAX: This amazing class utilizes free standing boxing bags and requires no coordination to have an awesome workout. Melt away the body fat, pick up the heart rate and unleash some stress today. (Beginner - Advanced)

Group Fitness participants need to be at least 16 years of age

AQUAFIT: Utilize the water resistance to make you stronger, toned and burn calories. If you are new to exercise or have impact related injuries this is a great class to improve your fitness. (Beginner - Advanced)

Aqua Fit participants need to be at least 14 years of age

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