











GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am				 YOGA	
9:30am	 WORK ED FITNESS				
12:00pm	 fastfit		 FAT BURNER		 fastfit
4:00pm		 RUN FIT			
5:15pm	 FAT BURNER	 YOGA	 AB ATTACK	 ZUMBA	
6:30pm	 BOXING	 CARDIO KILLER		 BOXING	
7:15pm	 CARDIO KILLER		 RUN FIT		 WEIGHTS CIRCUIT

 AB ATTACK	This class focuses on core strengthening and tightening exercises to help develop your torso. This mid-section workout will define your abdominals, glutes and obliques.
 BOXING	A boxing class that improves cardiovascular fitness, muscular endurance, speed and coordination. You will develop your boxing skills and technique whilst building tone and overall conditioning.
 CARDIO KILLER	This class features explosive high intensity exercises designed to improve cardiovascular capacity and help you burn fat. You will use all different cardio equipment and be challenged with a variety of exercises to help you accelerate your fitness level and keep the heart pumping.
 fastfit	An express 30 minute action packed class designed for the time restrained person. This high intensity class is guaranteed to give you a full body and cardio workout in a time efficient manner. Class is tailored for all fitness levels.
 FAT BURNER	A fitness oriented class aimed at maximizing burning calories, building strength and improving general fitness. The class incorporates boxing, kickboxing, resistance and cardio exercises, designed to assist you in burning fat and getting fit.
 RUN FIT	Learn to run whilst improving your aerobic capacity and your overall fitness. This class uses a combination of treadmill and outdoor exercises designed to improve your running efficiency and technique. This class is suitable to all fitness levels.
 WEIGHTS CIRCUIT	Using various weight training equipment such as pin loaded machines, free weights and cables this circuit based class involves interval training to give you a full body workout. There is a focus on strength and muscle endurance. Participants can train at their own intensity and level.
 WORK ED FITNESS	A fun and interactive class that is aimed at promoting health, fitness and well-being for Work Education students. It includes activities such as ball games, walking, stretching and various team building exercises. You will also learn how to use a variety of equipment whilst socialising with fellow participants.
 YOGA	A flexibility and strength building class that focuses on breathing techniques, physical flowing movement, postures and meditation exercises intended to integrate body, mind, and spirit.
 ZUMBA	A fun and effective dance class that involves choreographed dance and aerobic movements performed to energetic music. It combines all elements of fitness by mixing low and high intensity moves for an interval style, calorie-burning fitness party.

PLEASE NOTE:

- * All classes are 30 minutes except for Yoga (60min) & Zumba (45min).
- * Timetable is subject to change and may be altered at any time.
- * Appropriate training attire and towel are required.
- * Minimum of 2 people required for the class to run.
- * A medical certificate may be required if you tick yes to any questions on the health form or if you are 65 years of age or older.

CONTACT DETAILS:

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