

your gym

Group Fitness Timetable

Effective Monday 16th January 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	BODY PUMP		BODY STEP		BODY STEP		
9:00am				BODY PUMP		STEP MIX	
9:30am	PUMP 'N' CRUNCH	SUPER CIRCUIT	ZUMBA		BODY STEP	BODY PUMP	BODY PUMP
10:30am				PILATES		ABS BLITZ (30 mins)	
11:00am						PILATES	
4:30pm			BODY PUMP			SUPER CIRCUIT	
5:00pm					BODY PUMP		
5:30pm	MIXING IT UP						
6:00pm				BODY STEP XPRESS (30 mins)			
6:30pm	BODY STEP	SUPER CIRCUIT	BODY STEP	BODY PUMP			
7:00pm							
7:30pm		PILATES					

60 min class

45 min class

Club Opening Hours

Monday to Thursday	5:30am – 9pm
Friday	5:30am – 8pm
Saturday & Sunday	8am – 6pm
Public Holidays	8am – 1pm
Closed Good Friday, Easter Sunday and Christmas Day	

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Group Fitness Class Descriptions

CLASS	INTENSITY	CLASS DESCRIPTION
ABS BLITZ	Low-Med	This class works the complete core with combinations designed to work upper, middle and lower abs. This class is beginner friendly yet challenging enough for the advanced exercisers.
BODYPUMP	Low-High	A Les Mills Body Training System. BODYPUMP works all the major muscle groups of your body, using adjustable weight loaded barbells to fantastic music at your own level. BODYPUMP tones and builds lean muscle mass for rapid fat burning. No aerobics or coordination involved.
BODYSTEP	Low-High	A Les Mills Body Training System. The best butt and thigh workout in the gym! BODYSTEP is an addictive and motivating class with great music for the newest to the most athletic participant. It is fat burning with a difference - combining rhythm & energy with an effective body workout for fast results.
MIXING IT UP	Low-High	If you love variety this class is for you! Over a <u>4/5 week</u> block you will be challenged with different forms of training in a variety of sessions. (refer to notice board for session type)
PILATES	Low-High	The Pilates method is a safe, non-impact routine to strengthen and elongate deeper postural muscles. It is one of the most highly regarded exercise techniques for holistic body conditioning.
POWER HOUR	Low-High	A fantastic workout combining BODYPUMP and BODY STEP. Power hour incorporates both cardiovascular fitness and strength training... Enjoy the combination!
PUMP 'N' CRUNCH	Low-High	Combine weight training with abdominal work for greater strength and muscle endurance.
LENGTHEN TO STRENGTHEN	Low-Med	This class aims to achieve harmony between mind and body through non strenuous exercise. A relaxed yet alert mind is the goal of these stretching, strengthening and breathing techniques. Unwind, stretch and relax in a peaceful environment.
SUPER CIRCUIT	Low-High	A session using a combination of aerobic and resistance stations. A great combination that provides an excellent base for cross-training, endurance and flexibility.
STEP MIX	Low-High	A class that combines either body step or creative step with the use of hand weights or just the step. An explosive 30 minute work out that <u>ALL</u> level of fitness and experience can participate
YOGA	Low-Med	Gita yoga is broad and all encompassing – incorporating attitudes of healthy body, healthy mind and respect for Self, Others and the Universe. Gita Yoga follows a tradition, which is thousands of years old; yet while retaining the essence of ancient teachings, it adopts an approach which is modern in its outlook and innovation. Gita Yoga is based on a sequence of 10 simple postures, one for the brain and lungs, two for the nervous system and seven for the endocrine glands - the hormone producing glands.
ZUMBA	Low-High	Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you are getting fit and your energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning clients!

Access to all classes is included in a membership to *Your Gym* so join us for as many classes as you like

Please don't forget to take your complimentary towel to all classes (and then return it to reception).

You'll need a water bottle too and please arrive on time for your class.

Always exercise within your own limits and by far the most important...

ENJOY & HAVE FUN!!