



Group Fitness Timetable

Effective Tuesday 1st June 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	BODY PUMP		STEP 'N' SCULPT		BODY STEP		
9:00am	ABS BLITZ (30 mins)		'ABS'OLUTE CONDITIONING	PUMP 'N' CRUNCH		BODY STEP XPRESS (30 mins)	
9:30am	BODY PUMP	POWER HOUR			BODY STEP	PUMP 'N' CRUNCH	BODY PUMP
10:00am				PILATES			
10:30am						ABS BLITZ (30 mins)	
11:00am						PILATES	
4:30pm			BODY PUMP			SUPER CIRCUIT	
5:00pm					BODY PUMP		
5:30pm	MIXING IT UP	PUMP 'N' CRUNCH	LENGTHEN TO STRENGTHEN				
6:00pm				BODY STEP XPRESS (30 mins)			
6:30pm	POWER HOUR	SUPER CIRCUIT	POWER HOUR	BODY PUMP			
7:15pm				PILATES			
7:30pm		PILATES					

60 min class

45 min class

Club Opening Hours

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

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.
'ABS'OLUTE CONDITIONING	Low-High	A whole body workout with the emphasis on abdominal training. This class incorporates a balanced series of strengthening exercises for the major muscle groups using weights and resistance bands.
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 4/5 week 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.
STEP 'N' SCULPT	Low-High	This class is divided into 'step' and 'sculpt' format. The 'step' component is a great workout for the legs, hips, bum, thighs and calves. The 'sculpt' component concentrates on toning the entire body. Step 'n' sculpt is a fun and dynamic way to improve your fitness and shape up!
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.

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!!