



HENRY KENDALL

152 - 156 Pacific Hwy, Tuggerah NSW 2259  
 P: (02) 4353 3244 Web Site: 4in1fitness.com.au

## Group Exercise February 2010

<i>Time</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>6.15am</b>	Cycle	Pump Express (45mins)		Boxing (45mins)	Cycle (45mins)	
<b>8:30am</b>			Active Over 50's			<u><b>8.15am</b></u> Cycle
<b>9:30am</b>	Body Attack	Body Pump	Fat Burner	Body Combat	Boxing	<u><b>9.00am</b></u> Body Combat
<b>10:45am</b>		Body Balance		Body Balance		<u><b>10.00am</b></u> Body Balance
<b>4:00pm</b>	Kids Class			Kids Class		
<b>4.30pm</b>			Body Pump			
<b>5:30pm</b>	Body Pump	Body Combat	Body Attack	Body Combat	Body Balance	
<b>5.30pm Studio 2</b>			Cycle			
<b>6:30pm</b>	THT	Body Balance	Boxing			
<b>6:30pm Studio 2</b>	Cycle					

We value your feedback so, if you have any suggestions regarding what classes and times you would like to see on our timetable, please complete an Aerobics Questionnaire.

### 4in1 Opening Hours

Monday – Thursday: 6am – 9pm  
 Friday: 6am - 8pm  
 Saturday: 8am - 3pm  
 Sunday: 8am - 12pm

### Creche\*:

#### **Monday - Friday**

Session 1: 9am - 10.30am  
 Session 2: 10.40am - 12pm

#### **Saturday**

8.00am – 11.00am

## CLASS DESCRIPTIONS

<b>Body Pump</b>	BODY PUMP is the world's biggest exercise participation program. All the benefits of weight training using adjustable weights in a friendly environment & set to great music. This is a feel good for all fitness levels & a GUARANTEE to change the shape of your body!
<b>Body Balance</b>	BODY BALANCE combines the many beneficial and splendid aspects of Yoga, Tai Chi and Pilates. Set to inspiring and uplifting music. Strengthen the mind and the body completed with a meditation segment. Relax and find your inner peace! Beginner – Advanced level.
<b>Body Combat</b>	BODY COMBAT consists of karate, tai chi, muay thai & martial arts to burn calories!! Body fat is no contender for this program. It is non-contact & suitable for intermediate – advanced fitness levels.
<b>Body Attack</b>	BODY ATTACK is an awesome cardio vascular workout that will push you to your limits! This class is for all ages and fitness levels, with the latest music to help drive you to the point of no return.
<b>Cycle</b>	Cycle is a 50-minute indoor cycling class based on outdoor riding. You ride to inspirational music over the equivalent of 20-25 kilometres of varied terrain, controlling the intensity of your workout with a resistance dial and pedal speed. Beginner-Advanced level.
<b>Boxing</b>	Release the fury with a high intensity endurance. Combining various boxing combo's, strength and cardio phases while increasing your flexibility.
<b>THT</b>	A total body workout to burn off those excess calories. This class is focused on trouble areas such as Tummies, Hips & Thighs. Expect results.
<b>Fitball</b>	This is a 50 minute class, strengthen muscles and doing non-impact cardiovascular work. The distinguishing feature of this class is the wonderful trunk stabilization (ie. better abdominal control and back support).
<b>Active Over 50's</b>	Active Over 50' is an exercise program designed specifically for people who are aged 50 or more. There is no running or jumping in any of the classes, which consist of gentle movements to improve stamina, strength, flexibility and balance. Classes are suitable for beginners.
<b>Kids Classes</b> *	Fun active activities for the kids to have a go! Educational material will be provided to introduce fitness as being a healthy lifestyle. (This is a program run during school terms only and booking is required). Class duration will be 50 mins.



*All classes are one hour in duration unless otherwise stated in description.*