

**Look and Feel Fine in  
2009 !!!  
HAPPY NEW YEAR**



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**www.4in1fitness.com.au**

**Starts 2nd March 2009**

	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00		FITBOX	RPM				<b>NEW OPENING HOURS SUN 9AM—4PM</b>
8.30	Level 3 Gentle	Level 2 Gentle		Level 1 Easy Start	Level 3 Gentle	FITBALL 8.40 am	
9.30	<b>9.15 RPM</b>		RPM		RPM	RPM 8.40 am	
9.30	FITBOX	BODY PUMP	FITBOX	BODY ATTACK	BODY PUMP	BODYWORKS	BODY PUMP
10.30	PILATES & STRETCH	BODY STEP	PILATES	YOGA & STRETCH		YOGA & STRETCH	
11.30						PILATES	
5.30	FITBOX	South of The Border	BODY PUMP	BODY STEP	FITBOX		
5.30 6.30	5.30 RPM	5.30 RPM		5.30 RPM			
6.30	BODY ATTACK	PILATES 1 & 2	6.30 RPM	BODY PUMP			
7.30	YOGA & STRETCH						

**NEW OPENING HOURS**

**Mon to Thur 5.30 am to 9.30 pm**  
**Friday 5.30 am to 8 pm**  
**Saturday 8.00 am to 6 pm**

**SUNDAY**

**ERINA 9am to 4pm**  
**WYOMING 8.30am to 12.30**  
**THE ENTRANCE 8am to 2pm**  
**All members are welcome to use all centres on Sundays**

**CHILD SUPERVISION**

**Mon to Fri 9.00 am - 12.00 pm**  
**Saturday 8.30am - 11.30am**

**CLASS DESCRIPTION (EASIEST TO HARDEST)**

**LEVEL 1 EASY START** – This class is an ideal starter class for over 50's, and a stepping stone to Gentle Exercise and Strength classes

**LEVEL 2 & LEVEL 3 GENTLE EXERCISE** - Fitness classes catering specially for new and over 50's clients. All participants must wear a T shirt, a easy pace class with uncomplicated moves.

**BEGINNER & INTERMEDIATE STRENGTH** - Strength fitness class catering specially for new and over 50's clients. Concentrating on strength and muscle toning by using hand weights and pin loaded equipment

**Pilates** - Pilates will increase your strength and joint stability. It is recommended that you have an understanding of Pilates principles.

**YOGA** - A 60 min class that includes stretching, flexibility, breathing techniques and relaxation.

**PILATES & STRETCH** will change the way you feel forever, a holistic exercise combining traditional eastern disciplines. Each workout is structured to create harmony between breath and movement, action and relaxation, awareness and concentration.

**FITBALL** - A class designed to challenge your balance, strengthen your abs and improve your core strength. Beginner to advance, this class is for everyone.

**STH OF THE BORDER** - Low impact moves with emphasis on belly, butts & legs for toning and shaping.

**BODY PUMP** is a group barbell program that challenges every major muscle in your body. This will increase toning, shaping, strengthen, plus help increase bone density and speed up your metabolism. Beg - Adv.

**BODY STEP** is a athletic class with movements oriented around a step with varying platform heights. Designed to improve your overall fitness, co-ordination, gain flexibility and become more physically and mentally aware.

**BODYWORKS and FAT BURNER** - Non stop 50 mins low impact class to help shed unwanted body fat.

**FIT BOX** - Kickboxing moves using mits and gloves. For all round fitness, build self confidence, tones and shapes the body, teaches you to defend yourself and sharpen your reflexes. Great work-out and no martial art experience required.

**OUT-FIT** - Out-Fit Outdoor training is a military inspired group session designed to achieve maximum results faster, whatever your fitness levels are currently. Challenge yourself physically and mentally.

**RPM** - Get fitter faster with RPM cycle classes. You instructor will take you on a calorie killer ride with a emphasis on helping you achieving your fitness goals. Ideal for all fitness levels and ages.

**BODY ATTACK** is a highly motivating exercise program that works the whole body, improving your cardiovascular system, strength, balance and co-ordination.

**"OUT-FIT "OUTDOOR TRAINING Wednesday 6pm, Friday 6am @Terrigal**