

'Inspiring people to change their lives'



WYOMING Ph. 4328 2244

Starts Mon 5th of January 2009

	MON	TUE	WED	THUR	FRI	SAT	SUN
6.00	BODY PUMP	6.15am start 45 Min EARLY CYCLE		FITBOX			
8.30	Beg. Strength 45 mins.	Level 1 Gentle	Inter Strength 45 mins.	Easy Start 30 – 45 mins.	Gentle Pilates	HOT CYCLE 8.15 Start 45min.	
9.00	EASY CYCLE 30 mins					BIG T 50 mins.	BODY PUMP
9.30	BODY PUMP	FITBOX	BODY PUMP	BODY COMBAT	BODY STEP		
10.30	BODY STEP	BODY BALANCE		YOGA			
	5.30 45mins HOT CYCLE	4.30pm PILATES				4pm BODY PUMP	
5.30	FITBOX	BIG T 30 mins	FITBOX	BODY PUMP	5.45pm HOT CYCLE	5pm BODY STEP	
6.00		Sth of the Border 30 mins.				OPENING HOURS	
6.30	BODY PUMP	BODY COMBAT	BODY STEP	FAT BURNER		Mon to Thur 5.30am to 9.30pm	
						Friday 5.30am to 8pm	
7.30	BODY BALANCE	YOGA	BODY BALANCE			Saturday 8.00am to 6pm	

CLASS DESCRIPTION (EASIEST TO HARDEST)

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

LEVEL 1 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 Gentle A class for new and over 50's clients who are looking to improved core and pelvic stability, as well as back flexibility and relaxation.

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.

BIG T All participants must wear a T shirt, a light pace class, muscle toning, with uncomplicated moves. Perfect for beginners.

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

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

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

FAT BURNER Non stop 50 mins low impact class to help shed unwanted body fat

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.

SUNDAY

WYOMING 8.30am to 12.30pm
ERINA 9.00am to 4.00pm
The ENTRANCE 8.00am to 2.00pm

All members are welcome to use all centres on Sundays

CHILD SUPERVISION

Monday to Friday 8.30am - 11.30am
Saturday 8.15am - 10.30am

BODY COMBAT is moves and stances developed from ranges of self defence disciplines including Karate, Boxing, and Tai Chi. Participants use dynamic and explosive moves that will help reduce stress, encourage self assurance and self confidence.

FITBOX 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.

CYCLE Get fitter faster with our new Early, Easy and Hot 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.

'Want to achieve your results faster?? Ask about Personal Training today'