

























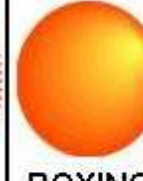



# Group Fitness Timetable

-Carlton

Effective 4th July 2010



	Monday	Tuesday	Wednes	Thursday	Friday		Saturday	Sunday
6.15 am	 SPIN	 Cardio Combo	 BODY PUMP			8.00 am	 PILATES	
9.40 am	 BODY PUMP	 SPIN	 YOG- ILATES	 ZUMBA	 BODY PUMP	9.15 am	 SPIN	
						9.45 am	 YOGA	
5.30 pm	 BODY PUMP	 BODY ATTACK	 BODY PUMP	 BODY STEP	 SPIN			
6.30 pm	 BODY COMBAT	 SPIN	 BODY ATTACK	 BODY PUMP		3.00 Pm	 ZUMBA	
6.30 pm		 ZUMBA				4.00 Pm	 BODY PUMP	
7.30 pm	 PILATES	 BOXING	 SPIN	 BOXING		5.00 Pm	 BODY ATTACK	



### -BODYATTACK

A high-energy, calorie-consuming athletic workout that will push you past the limit with strong, simple moves and pumping music.

An intense session guaranteed to take no prisoners.

**Intermediate - Advanced**



### -BODYCOMBAT

Combines moves and stances that are developed from self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing.

Fiercely energetic taught in a safe and simplistic manner. A great cardiovascular workout to kick calories.

**Intermediate - Advanced**



### -BODYPUMP

A rapid fat-burning muscle toning class that uses barbells to give you fast results! It was verified by The University of Auckland as

providing the fastest body fat loss of any fitness class.

**Starters - Intermediate - Advanced**



### -BODYSTEP

The ultimate way to give your body a high energy cardio-blast and tone the hips Butts, thighs & legs. With over 2,000 steps per session you'll see results in record time. Get in step with one of the best fitness classes the world has to offer.

**Intermediate - Advanced**



### -BOXING

Punch & kick your way to success. combining self-defense with an all over body workout. No routines that run to music, Pad work, Circuit and kick Boxing combinations all combined to increase fitness, coordination, weight loss, toning and flexibility. Giving you self-defense know how and a great way to get out stress and tension.

**Intermediate - Advanced**



### -CARDIO COMBO

The ultimate way to give your body a high energy cardio-blast and tone the whole body. A combination of Aerobics & Step moves designed to keep you entertained while blasting fat & working your heart. Instructors designed exercises, routines & music will keep you motivated. Get ready to sweat. **Intermediate - Advanced**

**Starters, Intermediate & Advanced**

are just guides, as everyone is different. The best way to find out what you'll love, is to sample a whole range of classes & choose the ones you enjoy.



### -PILATES

A highly efficient method of body conditioning focuses on developing a fitter, leaner, supple body ensuring core engagement which is essential for a healthy spine. While connecting mind with body it increases strength, stability, mobility, flexibility, coordination, focus, balance and alignment whilst relieving stress and energizing you.

**Starters - Intermediate - Advanced**



### -SPIN

Why use a treadmill or bike when our fitness professionals can motivate you with this top calorie burner? Using specially designed bikes & different motivational music. The best no impact & no coordination cardio workout. Join us for the

ride of your life.

**Starters - Intermediate - Advanced**



### -YOGILATES

The perfect fusion of PILATES & YOGA. Is a highly efficient method of body conditioning focuses on developing a fitter, leaner, supple body ensuring core engagement which is essential for a healthy spine. While connecting mind with body it increases strength, stability, mobility, flexibility, coordination, focus, balance and alignment whilst relieving stress and energizing you.

**Starters - Intermediate - Advanced**



### -YOGA

Provides a healthy body and mind through balance of physical and mental harmony. This class caters to all levels. Increase your strength, endurance, flexibility, focus and relieve stress and tension. Experience the new dimension of your energy levels. A great all over body workout that will challenge your fitness levels.

**Starters - Intermediate - Advanced**



### -ZUMBA

Fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: It's not just a workout, it's a party!

### GROUP FITNESS SAFETY

- Please come to class on time & stay for the whole class. The warm up & cool down are essential to your training safety.
- Always exercise at your own level, what feels right for you.
- Drink plenty of water to remain hydrated.
- Use of a towel is compulsory if you forget a towel they are available for hire from reception.



"WE TAKE YOUR HEALTH AND FITNESS PERSONALLY..."

## Group Fitness Timetable

**Carlton**

Ph: 9588 6488

### Trading Hours

Mon-Wed 5.30am-10pm

Thurs - Fri 5.30am- 9.30pm

Sat 8am-7pm

Sun 8am-3pm



[www.lifestylefit.com.au](http://www.lifestylefit.com.au)