





























# Group Fitness Timetable

-Erskineville

Effective 4th July 10



**lifestyle**  
fitness australia

	Monday	Tuesday	Wednes	Thursday	Friday		Saturday	Sunday
6.15 am	 SPIN	 BODY PUMP	 SPIN			8.00 am	 BODY PUMP	
9.40 am	 BODY PUMP	 ABT	 SPIN	 BODY PUMP	 ZUMBA			
10.40 am		 PILATES				9.00 am	 SPIN	 ZUMBA
5.30 pm	 SPIN	 BOXING	 PILATES	 BODY PUMP		10.00 am	 PILATES	 YOGA
6.30 pm	 BODY PUMP		 BODY PUMP					
6.30 pm		 SPIN		 SPIN	 BODY PUMP	5.00 pm	 YOGA	
7.30 pm	 YOGA	 PILATES	 SPIN					
7.30 pm			 ZUMBA					



### -ABT

Abs, Butts and Thighs. The areas that need extra attention. Beginning with exciting Cardio moves to burn those Calories using easy to follow Aerobics & Step. Then some resistance exercises to tone your Abs, Butt & Thighs. The best way to bring your goals to fruition

Starters - 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



### -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



### -PILATES

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



### -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



### -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!

Starters - 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.

#### 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

### Erskineville

Ph: 9557 7199

#### Trading Hours

Mon-Thurs 5.30am-10pm Fri 5.30am-9pm

Sat 7.00am-7pm

Sun 8am-5pm

