

# Group Fitness Timetable

-Marrickville

Effective 4th July 10



	Monday	Tuesday	Wednes	Thursday	Friday		Saturday	Sunday
6.15 am	SPIN	BODY PUMP	SPIN	SPIN	BODY PUMP	8.00 am	BODY PUMP	
9.40 am NB Tue	BODY PUMP	9.30 am SPIN	ZUMBA		BODY PUMP	8.30 am	SPIN	SPIN
10.00 am NB Tue		10.15 am YOGA		YOGA		9.00 am	BODY ATTACK	BODY PUMP
5.30 pm NB Tue	BOXING	5.45 am SPIN	BODY PUMP	BOXING	BODY PUMP			
6.30 pm	BODY STEP	BODY PUMP	PILATES	BODY ATTACK	BODY COMBAT			
6.30 pm	SPIN					3.00 pm	YOG-ILATES	
7.30 pm	ZUMBA	BODY COMBAT	SPIN			4.00 pm	ZUMBA	



### -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**

#### 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

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**



### -YOGILATES

The perfect fusion of PILATES & YOGA. Read both Descriptions.

**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 all 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**

#### 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 Marrickville

Ph: 9559 7599

### Trading Hours

Mon-Thurs 5.30am-10pm Fri 5.30am-9pm  
Sat 7.30am-7pm  
Sun 8am-3pm

