

## NOVEMBER 2017

### Health and Fitness Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15am	HIIT Various		Circuit Express 30 mins		Circuit Express 30 mins	
8am					On the ball Michelle	
8.40am	Young at Heart Mary	Young at Heart Angela	Young at Heart Pat	Young at Heart Grace	Young at Heart Pat	8.30 am Yoga Stephania
9.30am	Step n Tone Grace	Power Bar Karen	Fit n Fab Grace	Power Bar Grace	Boxing Grace	
10.30am	Zumba Marlee	Mind & Body Karen s	Step n Tone Mary	Mind & Body Karen	ABT Grace	
12pm		Circuit Express 30 mins				
4.15pm		Circuit Mary 45 mins				
5pm			Yoga Stephania			
5.30pm		Pilates Michelle		Yoga Stephania		
6.00pm	Boxing Angela		Circuit Angela			
6.30pm		Power Bar Mary		Tabata Angela		
7.00pm	Circuit Angela		7.15 Pilates Tamara			

Please note classes and instructors may change without notice.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8am						Aqua Blast Mary	
9.30am	Aqua Deep Mary	Aqua Zumba Marlee	Aqua Shallow Pat		Aqua Combo Pat		Aqua Deep Pat
12pm	Aqua Combo Pat		Aqua Blast Mel				
7.30pm	Aqua Deep Mel	Aqua Combo Pat	Aqua Combo Pat				

# When you feel like **QUITTING** think about **WHY** you started!

## Group Fitness class descriptions

**YOGA** - This class will consist of gentle stretching, correct breathing techniques, yoga postures and relaxation. Improve your body and mind awareness, increase your flexibility and help aid in stress management. Yoga is suitable for everyone.

**YOUNG AT HEART**- A low to moderate exercise program suitable for anyone who has not been physically active in a while. You can start gently in a friendly atmosphere and exercise at your own pace. Young at Heart is open to everyone and is designed to be safe for people with cardiac or diabetic conditions.

**FIT AND FABULOUS** – A moderate intensity class for those who are looking for a progression from “Young at Heart”. If you are a regular Young at Heart participant looking for a more challenging work out, this class is for you!

**ON THE BALL** – Bounce your way into fitness! This class consists of cardio and resistance training exercise, all centered on the use of the fit ball.

**PILATES** - Pilates focuses on core stability, strength and flexibility. Classes consist of breathing techniques, alignment, centering, control, isolation, precision, flowing movement patterns and routine. Pilates is suitable for everyone; it will help increase your vitality, improve your posture, strengthen and tone your body.

**CIRCUIT** – This class involves moving through a variety of stations for upper and lower body. Great for beginners to advanced participants (work at your own level of fitness)

**MIND AND BODY** – A class focusing on stretching, balance and flexibility. Use of equipment includes the fitball.

**ZUMBA** - An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American music such as 'bachata', 'merengue', 'salsa' and more.

**GYM CIRCUIT** – Gym circuit is a 45 min highly intense workout that is instructed by a fitness professional. It's a great upper and lower body workout that will test your fitness.

**NEW- CIRCUIT EXPRESS** - Gym circuit is a 30 min session ideal for those looking for a high intensity workout before starting the working day or during their lunch break.

**NEW- HIIT**- Do you wish to be pushed to your limits? This short *High Intensity Interval Training* session will do just that! Be prepared to be challenged by a combination of strength and cardio exercises

**NEW - STEP N TONE** – A great class using an adjustable step to work on your lower body and cardio fitness, also toning with additional resistance training

**BOXING**- Boxing is a high intense cardio class using focus pads and gloves where the instructor will demonstrate combinations and correct technique.

**NEW - BOXING EXPRESS**- a 30 minute boxing workout using focus pads and gloves. It's a great mixture of cardio and boxing techniques.

**ABT**- 'Abs, Butts and Thighs' is a 45 min workout focusing on those particular areas, suitable for all levels of fitness levels.

**POWER BAR** – The ultimate workout! Power bar burns body fat, builds strength focusing on all muscle groups and works on your cardiovascular building your fitness level. It's great for all levels of fitness.

**AQUA CLASSES** - This class includes cardio and muscle conditioning using water equipment such as noodles and aqua dumbbells.

**AQUA ZUMBA**- This fun class blends the **Zumba** philosophy with water resistance, for one pool party you shouldn't miss!