# DEFINITION HEALTH CLUB

Sea Eagles

563 Pittwater Rd, Brookvale NSW 2100
Phone (02) 8978 7900

# CYCLE / AQUATIC- TIMETABLE

## CYCLE (CLASSES 45 MINUTES)

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| 5.45am | | 30Mins CYCLE Andrea | | | | | |
| 9.00am | | | | | | CYCLE Alana | |
| 10.15am | | CYCLE Bec | | CYCLE Brendon | | | |
| 5.00pm | | | CYCLE Brendon | | | | |
| 5.30pm | | | | | | | |
| 6.00pm | CYCLE Rob | | CYCLE Viv | | | | |
| 6.30pm | | CYCLE Brendon | | CYCLE Brett | | | |

## POOL AQUA AEROBICS (CLASSES 45 MINUTES)

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| 9.00am | | | | | | | AQUA Lyn/Sacha |
| 9.15am | AQUA Tracey | | | | | | |
| 10.15am | AQUA Lyn | | AQUA Lyn | | AQUA Tracey | | |
| 12.30pm | | AQUA Joyce | | | | | |

## FREE PASS* for a friend!

Bring a friend down and let them try a class FREE!*

Training with a friend is motivating and fun!

*Conditions apply.
Free pass valid for first time visitors only. Must be over 18.

## LES MILLS CLASSES

**BODY BALANCE** - A mind and body class. Body Balance calls upon the ancient arts of Hatha, Yoga, Pilates and Tai Chi as the perfect antidote to the stresses of modern day life. Improves muscle strength, joint flexibility and creates posture awareness.

**BODY ATTACK** - A high intensity interval workout with simple athletic moves and advanced strength work. Burns calories at a fast and furious rate. BODY ATTACK is simple, it's energized, It' challenging and it's not for the faint hearted!

**BODY STEP** - The best butt and thigh workout in the gym! Ideal for cardiovascular fitness and lower body toning Strength and toning phases for an all over body conditioning

**BODY COMBAT** -An addictive mix of kick boxing, Tai Chi, Karate and self defense that will leave you feeling energized, strong, confident and on top of the world.

**BODY PUMP** - Works all the major muscle groups of your body, and uses adjustable weight loaded barbells to work out with fantastic music. Body Pump build lean muscle mass which raises your metabolic rate and encourages rapid fat burning, and also ensures awesome muscle tone.

**BODY JAM** - The ultimate dance based workout, with the emphasis as much on having fun as breaking a sweat. Addictive fusion of dance and aerobic moves. A mix of hip hop, funk and Latin music will have you coming back for more!

## REGULAR GROUP EXERCISE CLASSES

**KICK BOXING** - Make an impact on your partner and feel the heat as your jab finds its target. This will give you a good cardio-vascular workout and great muscle definition. Good cross-training class with an all over body workout

**BACK TO BASICS** - This class takes you back to good old basic aerobics. High intensity, guaranteed to burn calories.

**CIRCUIT** - Full body workout incorporating weights, high intensity, strength muscle conditioning. You will find muscles you never knew you had! ALL fitness levels are able to do this class.

**YOGA** - A body and mind experience where you will learn traditional yoga techniques that will help improve relaxation and flexibility. Works in a holistic style.

**X - TRAINER** - An intense calorie burner that will push you to your limits. Simple and athletic to take your fitness to the next level.

**PILATES** - This class concentrates on correct body alignment, breathing, lengthening and strengthening muscles using your core stability.

**FITBALL PILATES** - Targeting the core area with an unstable surface….the filball. A must for conditioning and tightening the core area.

**FRIENDLY FITNESS** - A light paced class based on non complex moves with a body shaping and stretch component.

**AQUA FITNESS** - A class using water as resistance for a non-weight bearing aerobic workout. Works every part of the body with low impact to the joints.

**CYCLE** - Fantastic for shaping and toning your lower body and will dramatically increase your fitness levels. Ride the calorie killer. Low impact and intensity is controlled by you. 600 calories gone in only 45 minutes.