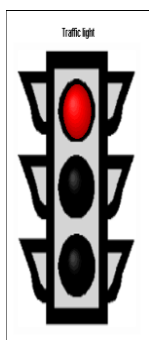


Class Descriptions

<p>BODY ATTACK</p>  <p>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's challenging and it's not for the faint hearted!</p>	<p>BODY STEP</p>  <p>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.</p>	<p>BODY COMBAT</p>  <p>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.</p>	<p>BODY PUMP</p>  <p>Works all the major muscle groups of your body, and uses adjustable weight loaded barbells to work out with fantastic music. Body Pump builds lean muscle mass which raises your metabolic rate and encourages rapid fat burning, and also ensures awesome muscle tone.</p>
<p>ZUMBA</p>  <p>Participants pump their legs, windmill their arms, gyrate their hips, clap their hands dip, slide and spin – “booty shaking” dance moves that makes everyone laugh, smile and let loose. All to a frenzied beat that leaves them with flushed cheeks and dripping in sweat.</p>	<p>CORE, YOGA STRETCH</p> <p>A total mind and body experience. Where you will learn traditional yoga techniques combined with traditional Pilate's principals. A perfect antidote to the stresses of modern day life. Improves muscle strength, joint flexibility and creates posture awareness.</p>	<p>KICK BOXING</p> <p>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.</p>	<p>PILATES</p> <p>This class concentrates on correct body alignment, breathing, lengthening and strengthening muscles using your core stability.</p>
<p>YOGA</p> <p>A body and mind experience where you will learn traditional yoga techniques that will help improve relaxation and flexibility. Works in a holistic style.</p>	<p>CYCLE</p> <p>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.</p>	<p>AQUA FITNESS</p> <p>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.</p>	<p>CIRCUIT</p> <p>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.</p>
<p>X - TRAINER</p> <p>An intense calorie burner that will push you to your limits. Simple and athletic to take your fitness to the next level.</p>	<p>BACK TO BASICS</p> <p>This class takes you back to good old basic aerobics. High intensity, guaranteed to burn calories.</p>	<p>FRIENDLY FITNESS</p> <p>A light paced class based on non complex moves with a body shaping and stretch component.</p>	



The Traffic light icon denotes classes that are having poor attendance. The classes will be marked on the timetable at reception giving you time to VOTE WITH YOUR FEET to keep the class on the timetable.

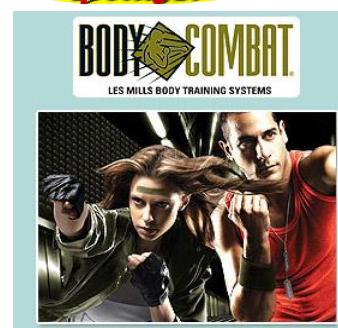
IMPORTANT NOTES:

- **You must use a towel** and for your own comfort we recommend you also bring a water bottle to class.
- **For safety reasons and in consideration of other members, please do NOT pack away your Pump and Step equipment before the class has finished.**
- As a courtesy to other members and the Instructor, please do not enter classes late. It is also in your own best interests not to miss the warm up or cool down sections of the workout.
- If you suffer from any injury, ailment or are pregnant, we strongly recommend you consult with your health professional to ascertain if the class you wish to participate in is suitable for you.
- Please always advise the Instructor if you are attending a class for the first time.



GROUP EXERCISE - TIMETABLE

THE MAIN STUDIO		November 2011					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	CIRCUIT	30 Mins 6.15 ATTACK	CIRCUIT	X-TRAINER	BACK TO BASICS		
6.30am			BODY STEP	BODY PUMP		7.30am BODY ATTACK	
8.15am		CORE YOGA STRETCH	8.00am CORE YOGA STRETCH		Pilates 45 Mins	8.30am BODY STEP	8.00am BODY PUMP
9.15am	BODY PUMP	BODY ATTACK	BODY STEP	BODY COMBAT ★	BODY STEP	9.30am BODY PUMP	9.00am BODY STEP
10.15am	BODY ATTACK	BODY COMBAT ★	BODY PUMP	PILATES	BODY PUMP	10.30am YOGA	10.am YOGA
11.15am	YOGA	FRIENDLY FITNESS	PILATES	ZUMBA	YOGA		
4.30pm	CIRCUIT	BODY STEP	BODY PUMP	CIRCUIT	BODY ATTACK	4.00pm BODY PUMP	
5.30pm	BODY PUMP	BOXING	BODY COMBAT ★	BODY PUMP	PILATES		
6.30pm	BODY STEP	BODY PUMP	BODY ATTACK	YOGA	CIRCUIT/ BOXING		
7.30pm	ZUMBA	PILATES		KICK BOX			
CYCLE STUDIO		(CLASSES 45 MINUTES)					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am		30Mins CYCLE				7.30am CYCLE	
8.30am						CYCLE	
10.15am				CYCLE			
5.30pm	CYCLE		CYCLE				
6.30pm		CYCLE		CYCLE			
POOL		AQUA AEROBICS (CLASSES 45 MINUTES)					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00am							AQUA
9.15am	AQUA						
10.15am	AQUA		AQUA		AQUA		
12.30pm		AQUA					



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THIS TIMETABLE IS SUBJECT TO CHANGE