

GROUP FITNESS TIMETABLE

TIME MON TUE WED THU FRI SAT

6:00am

HIIT
30 MIN

6.15am

 Group Ride

 Group Ride

9:00am

Revitalise with
Nancy

Revitalise with
Nancy

Revitalise with
Nancy

Revitalise
with Tanya

9:30am

Zumba Gold

HIIT

10:00am

Zumba

10:30am

Strong

Zumba Gold

Zumba Step

4:30pm

Pilates

core strength

core strength

5:30pm

 Group Ride

Bootcamp

Animal Moves
30 MIN

6:30pm

HIIT
30 MIN

Zumba Step

CLASS DESCRIPTIONS

HIIT	High impact interval training - Interval based circuit, working hard for set periods of time then resting to recover, focuses on functional movement
Bootcamp	Free style class working with intervals, circuits, challenges focusing on getting fitter and stronger
SPIN	Free style indoor cycling workout varying intensity though out with a mixture of sprints and hills to get the heart pumping 30min or 60 min classes.
Zumba	Dance based fitness class gets the heart rate up and calories burning
Zumba Gold	Low impact dance based fitness class
Zumba step	Dance based fitness class incorporating a step for a little more leg action
Strong	High intensity interval class synced to music focusing on strength
Boxing fitness	Cardio and strength work out incorporating boxing mitt work, heavy bag work and shadowboxing. Using Basic combinations and footwork.
Animal Moves	30 min body weight class using animal movements to increase strength.
Pilates	A low impact class focusing on strength and posture.
Revitalise	A class designed for the young at heart. Focusing on low impact functional movement
Core Strength	A class designed to focus on building core strength and stability