

GROUP FITNESS TIMETABLE

| TIME | MON | TUE | WED | THU | FRI | SAT |
|---------|-----------------------|----------------|-----------------------|-----------------------|------------------------|-----|
| 6:00am | HIIT 30 MIN | | SPIN 30 MIN | | | |
| 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 | |
| 11:00am | | | | | | |
| 4:30pm | Pilates | | | | | |
| 5:30pm | | | Bootcamp | | Animal Moves 30 MIN | |
| 6:30pm | SPIN 30 MIN | HIIT 30 MIN | | Zumba Step | | |

CLASS DESCRIPTIONS

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|-----------------------|--|
| 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 |