

STRENGTH & TONING

Power Hour (I = Mod-Hi C = NR)

Feel firmer faster! The ultimate class to tone and shape your whole body using barbells. Start out light and work your way up to heavier weights as you feel your body transform and get stronger.

Sculpt (I = Low-Hi C = NR)

Target your full body with this muscle toning class including dumbbells, resistance bands and body weight exercises. It's easy to follow and guaranteed to hit your abs, glutes, thighs and more. Get ready to feel those muscles you forgot existed!

BACK TO BASICS

Calorie Killer (I = Mod-Hi C = Mod-Hi)

Move your fitness levels to new heights in this high energy, heart-pumping, dynamic workout. If you enjoy traditional aerobics and don't mind sweating give this class a go!

Step (I = Mod C = Mod-Hi)

Step is a low impact class aimed at increasing your fitness, coordination and lower body strength by stepping up and down on a height adjustable platform. Rise up and enjoy this all-time popular class.

Lite & Lo (I = Low C = Minimal)

A pressure-free class ideal for those wanting a light paced, low impact workout. Perfect if you are just starting out, carrying or recovering from an injury, pregnant or just wanting a gentle workout. You'll get a gentle cardiovascular session followed by basic muscle toning exercises and a relaxing cool down.

Master Blast (I = Mod-Hi C = NR)

Looking for a class that will blast your body without blowing your mind? This is the one. Think Bootcamp and Circuit blended together into a highly motivating no frills fun workout.

CYCLING SESSIONS

Rev (45mins) (I = Mod-Hi C = NR)

Join us on a motivating ride to a healthy heart, firm legs and glutes, plus maximum calorie burning. This indoor cycling class caters for all levels as you determine the resistance and pace.

Rev – GTB (1hr) (I = Very Hi C = NR)

Take the ride of your life with this "no buts about it", hardcore class. In case you're wondering ... GTB stands for "get the bucket". Definitely not for the faint hearted!

BOXING STYLES

Cardio Box (I = Mod-Hi C = Minimal)

Combine a cardio workout with the strength and resistance of boxing. We'll set you up with focus pads and a partner (unless you bring a friend) and teach you the boxing moves you need to tone your upper body and increase your self confidence. Remember to bring along your glove inners – these are available from reception for purchase or hire.

Kick n Box (I = Mod-Hi C = Minimal)

Do you wanna kick butt? If you like Cardio Box, you'll love the added challenge of kick boxing moves. Add an intense lower body workout to an already effective boxing class and you'll experience a great total body cardio workout. Don't forget to bring your glove inners – these are available at reception for purchase or hire.

INTERVAL SERIES

Rev n Box (I = Mod-Hi C = Minimal)

Feel your energy burn and fitness increase as you combine short bouts of boxing and cycling in an interval style class. Blitz both your upper and lower body. Be ready to sweat!

Body Blitz (I = Mod-Hi C = Mod)

Challenge your body in this ultimate strength and cardio combo class with 4-6 minute intervals of barbell and high energy aerobics. You'll know you've had a workout when you walk away from this one!

Step n Burn (I = Mod-Hi C = Mod)

A fun interval workout combining Step and high intensity aerobics. It's sure to burn up those kilojoules, pump up your heart rate and spice up your workout.

COMBO SESSIONS

Step n Sculpt (I = Mod C = Mod)

A half and half combo class of Step and Sculpt. This low impact class will get your heart rate up, glutes hard and legs toned.

Rev n Abs (I = Mod-Hi C = NR)

30 minutes of calorie burning cycling, backed up with an awesome abdominal workout sure to wake up the most dormant of abs. You've got to feel it to believe it!

Hi n Sculpt (I = Mod-Hi C = Mod)

A great way to introduce your body to high intensity training; combine a 30 minute heart pumping aerobic session followed by a mild paced non-impact ab, butt and thigh session. Get the best of both worlds.

Active Over 50's n Unwind (75mins) (I = Low C = Minimal)

Combine the health benefits of our Active over 50's class with the added bonus of an extended stretch and relaxation component.

MIND BODY

Pilates (I = Low-Mod C = NR)

A mellow paced body conditioning technique that combines breathing, stretching and strengthening to achieve and maintain optimal posture. Allow your body to move freely and efficiently by strengthening your deep abdominal and core stabilisers while relaxing tense neck and shoulder muscles.

Yoga (I = Low-Mod C = NR)

Our Hatha based Yoga class focuses on alignment of the whole body while holding poses, which support the spine and bring about the awareness of breath with movement. Build your strength, mobility and endurance all while creating a feeling of calm.

Unwind (I = Very low C = NR)

Start relaxing with a gentle warm up followed by a series of stretches designed to improve your flexibility, minimise muscle imbalances and release stored muscle tension. Treat your body ... treat your mind ... unwind.

SOMETHING SPECIAL

Active Over 50's (I = Low C = Minimal)

If you're over 50 and enjoy the company of other like-minded exercisers give this class a go. It's light paced and focuses on your needs; gentle cardiovascular, bone and muscle strengthening exercises combined with elements of balance and flexibility ... not to forget a whole heap of fun!

Groove (I = Low-Mod C = Mod-Hi)

Looking for some new moves? Let down your hair and get into the groove as you shimmy, shake and hip hop to funky tunes of today and the past. Remember to bring your sense of humour and willingness to let loose on the dance floor.

Just 4 Kids (I = Mod C = Low-Mod)

A fun exercise class especially designed with kids in mind. It'll bring a smile to their face, improve their coordination, motor skills, fitness and social interaction. Pop in straight after school and let your kids workout while you do. Ages 5 – 13yrs welcome. \$5.50 per child.

I = Intensity | C = Coordination | NR = Not required | Mod = Moderate

| Commences 11.01.10 | MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------------------|------------------|--------------|------------------|-------------|-------------------------|--------------|-----------|
| 6:00am | Rev n Box | Master Blast | Power Hour | | Rev | | |
| 8:30am | | | | | | Power Hour | Rev n Box |
| 9:00am | | | | | | Yoga | |
| 9:30am | Power Hour | Cardio Box | Step n Sculpt | Rev n Abs | Body Blitz | Master Blast | Pilates |
| 10:00am | Pilates | | Rev | | Pilates | | |
| 10:30am | Active Over 50's | Lite n Lo | Active Over 50's | Lite n Lo | Active Over 50's/Unwind | | |
| 3:45pm | | Just 4 Kids | | Just 4 Kids | | | |
| 4:00pm | | | | | | Rev (GTB) | Groove |
| 5:30pm | Sculpt | | Cardio Box | | Rev n Abs | | |
| 6:00pm | Yoga | Master Blast | | Yoga | | | |
| 6:30pm | Calorie Killer | Unwind | Rev | Body Blitz | Hi n Sculpt | | |
| 7:00pm | Rev n Box | Sculpt | Step n Burn | | | | |
| 7:30pm | Power Hour | Rev | Pilates | Kick n Box | | | |



HealthMates
Fitness Centre

GROUP EXERCISE CLASSES

- All classes are 1 hour unless otherwise stated on the definition page.
- Class tickets are available from reception 30 minutes prior to the class commencement time.
- Please bring a towel to all classes and ensure you use it on your equipment, mats and to remove sweat from your body.
- Bring a bottle of water / fluid to all classes.
- When attending any of our Mind Body classes please bring clean feet.
- Please arrive on time. This is important as the warm up will minimise your risk of injury and improve overall performance. You will also avoid disrupting the class.
- If you arrive after the commencement of any class, a staff member or the instructor has the right to refuse your entry.
- The cool down is important, so please ensure you complete this to maintain flexibility, reduce soreness and avoid injury.
- Please consult a doctor prior to commencing any exercise program and advise your instructor of any medical conditions, pregnancy or injuries you have prior to the commencement of the class.



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