

## 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!

**Ab Blast (30mins)** (I = Low - Mod C = NR)

Challenge your abdominals in this blast of a class! Aimed at targeting all of your ab muscles, you will feel your abs working from start to end.

**Butt Blast (30mins)** (I = Low - Mod C = NR)

Challenge your butt to a 30min workout! Improve your butt tone and strength (all important for stability) while learning correct technique.

## 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 n 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 butts about it", hardcore class. In case you're wondering ... GTB stands for "get the bucket". Definitely not for the faint hearted!

## BOXING STYLES – Glove inners are required to attend class

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

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.

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

Kick n Box is Cardio Box, with 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.

**Box Blast (30mins)** (I = Mod-Hi C = Mod)

If you're after a quick workout that is guaranteed to get your heart pumping try this class. Box Blast is 30mins of flat out boxing combo's - improve your strength, fitness, skill and coordination.

## 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.

## 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!

**Zumba (45mins)** (I = Low-Mod C = Mod-Hi)

Looking for some new moves? Zumba is the latest Latin inspired dance-fitness class that exhilarates your senses and gets your whole body moving to exotic rhythms in a high energy cardio blast.

## SOMETHING SPECIAL (continued)

**Zumba Combo** (I = Low-Mod C = Mod-Hi)

The ultimate fun family experience - a combination of Zumbatomic (for kids 5yrs+) and Zumba. This is a class for all ages and includes the latest music, hip-hop, reggaeton, cumbia and more. You'll boost your metabolism, coordination and self confidence without even knowing you're exercising. Fun for you ... and the kids!

**Just 4 Kids (45mins)** (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.

## 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!

**Active Over 50's / 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. Ideal for entry level to intermediate Yoga participants.

**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.

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

## Timetable effective 30<sup>th</sup> January 2012

	MON	TUE	WED	THU	FRI	SAT	SUN
5:45am	Cardio Box	Master Blast	Rev n Abs		Rev (GTB)		
7.30am						Kick n Box	
8.30am						Master Blast	Rev n Abs
9:30am	Power Hour	Kick n Box	Step n Sculpt	Rev n Abs 	Body Blitz	Sculpt Yoga	Pilates
10:00am			Rev				
10:30am	Active Over 50's Pilates	Lite n Lo		Lite n Lo	Active Over 50's/Unwind Ab Blast		
3:45pm				Just 4 Kids			
4:00pm		 Combo				Rev (GTB)	
4.30pm				Sculpt			
5:30pm	Sculpt	Butt Blast	Cardio Box		Rev n Abs		
6:00pm	Yoga	Master Blast Ab Blast		Power Yoga			
6:30pm	Calorie Killer	Unwind	Rev n Abs	Box Blast			
7:00pm	Rev	Lite n Lo	Step n Burn	Rev (GTB)	 <b>AUSTRALIAN 2010 FITNESS BUSINESS OF THE YEAR over 2000 members</b>		
7:30pm	Power Hour	Rev n Box	Pilates				

**STUDIO 1**    **STUDIO 2**



## Timetable effective 30<sup>th</sup> January 2012

### 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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