

| Time | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------|----------------------------------|----------------------------|-----------------------------------|---------------------------------|--|----------------------|--------------------|
| 5.35 am | CARDIO BOX | REV (GTB) | MASTER BLAST | BOOTCAMP | PILATES | | |
| 7.00am | | MASTER BLAST | | POWER HOUR | | | |
| 7.30 am | | | | | | KICK & BOX | |
| 8.30 am | | | | | | MASTER BLAST | REV ^{1/2} |
| 9.00 am | | | | | | | ABS ^{1/2} |
| 9.30 am | POWER HOUR FIGHT FIT | REV | STEP & BURN | LITE & LO REV ^{1/2} | FOUNDATION YOGA SCULPT ^{1/2} | HATHA YOGA SCULPT | PILATES |
| 10.00 am | | | | ABS ^{1/2} | TABATA ^{1/2} | | |
| 10.30 am | AO50's PILATES | LITE & LO BUTT/ABS | SCULPT ^{1/2} | ZUMBA | AO50's & UNWIND | | |
| 11.00 am | | | UNWIND ^{1/2} | | | | |
| 11.30am | | MUMS & BUBS | | MUMS & BUBS | | | |
| 4.00 pm | | | | | | REV (GTB) | ZUMBA |
| 4.30 pm | ZUMBA | LITE & LO PLUS | POWER HOUR | SCULPT | | | |
| 5.30 pm | AERO ^{1/2} | UNWIND CARDIO HIIT | PILATES | CARDIO BOX | REV ^{1/2} | | |
| 6.00 pm | SCULPT ^{1/2} PILATES | BUTT BLAST | ZUMBA | HATHA YOGA | ABS ^{1/2} | | |
| 6.30 pm | POWER HOUR | FIGHT FIT 30 CARDIO BOX | REV ^{1/2} | REV (GTB) | ZUMBA | | |
| 7.00 pm | REV | POWER YOGA | ABS ^{1/2} STEP & BURN | | | | |
| 7.30 pm | BOOTCAMP | REV | ASHTANGA YOGA | | | | |

STUDIO 1 | STUDIO 2



HealthMates
Fitness Centre

GROUP EXERCISE CLASSES

Timetable effective
3 August 2015



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CLASS DESCRIPTIONS

KEY - **I** Intensity - **C** Coordination - **NR** Not Required - **Mod** Moderate

All classes are 60min in duration unless specified otherwise

STRENGTH & TONING

Power Hour

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.

I = Low-Hi | C = NR

Sculpt

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!

I = Low-Mod | C = NR

Butt Blast (30mins)

Challenge your butt to a 30min workout! This class will tone everything below the belt. Blast your butt and legs into shape.

I = Low-Mod | C = NR

Abs (30mins)

Take the core focus and challenge your abs with this targeted class which will get your core strong.

I = Low-Mod | C = NR

INTERVAL SERIES

Master Blast

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

I = Mod-Hi | C = NR

Step & Burn

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.

I = Mod-Hi | C = Hi

Cardio HIIT (30 Minutes)

Looking for calorie expenditure? Cardio HIIT will do it for you. The interval bursts will get you working at your max, then a short recovery so you are ready for your next Cardio HIIT. This class will consist of cardio intervals & plyometrics to get your heart rate pumping.

I = Mod-Hi | C = NR

CYCLING SESSIONS

Rev (45 mins)

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

I = Mod-Hi | C = NR

Rev GTB (1 hr)

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!

I = Very Hi | C = NR

BOXING STYLES

Glove inners are required to attend pad classes. These can be purchased or hired at reception.

Cardio Box

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.

I = Mod-Hi | C = Mod

Kick & Box

Kick & Box is Cardio Box, with 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.

I = Mod-Hi | C = Mod

Fight Fit

A total body cardio workout that incorporates martial arts techniques such as punching and kicking, without the need for body or pad contact. Strike, punch and kick your way fit! No partner required.

I = Mod-Hi | C = Minimal

Fight Fit 30 (30mins)

A total body cardio workout that incorporates martial arts techniques such as punching and kicking, without the need for body or pad contact. This is an express workout with minimal rest.

I = Mod-Hi | C = Minimal

ACTIVE OVER 50'S

Active Over 50s

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!

I = Low | C = Minimal

Active Over 50's & Unwind (75 mins)

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

I = Low | C = Minimal

ZUMBA

Zumba (45 mins)

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.

I = Low-Mod | C = Mod-Hi

LITE & LO

Lite & Lo

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

I = Low-Mod | C = Low-Mod

Lite & Lo Plus

This is our Lite & Lo class ramped up a little, so be ready to pick up the pace. See definition above.

I = Mod | C = Low-Mod

BOOTCAMP

Bootcamp

Like to exercise in the fresh air? Then Bootcamp is for you. You will be put through your paces with tyres, ropes, sandbags and lots more. Held on the top level of the carpark. Rain or shine, the class is on as it can be moved indoors.

I = Mod-Hi | C = NR

1/2 CLASSES

First 30min is one style, second 30min a different style. You can join in at the halfway point if you warm up prior. If you leave halfway we advise you to stretch/cool down.

Rev & Abs

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

I = Mod-Hi | C = NR

Aero Sculpt

We've listened to your demands! You want a lean bod and a toosh to match. Kick start this class with 20-30mins of high energy aerobics, aimed at burning fat and getting your heartrate soaring. Finish up with a guaranteed butt and ab blast. The ultimate combo!

Aero | I = Mod-Hi | C = Mod - Hi

Sculpt | I = Low-Mod | C = NR

Sculpt & Unwind

Our ever popular Sculpt starts with muscle conditioning, particularly your ab's, butts and thighs. In the second half of this class you'll experience a thorough stretch and relaxation component aiming to have you walk away feeling rejuvenated.

I = Low-Mod | C = NR

Sculpt & Tabata

30mins of muscle toning Sculpt followed by 30mins of Tabata principals; 20sec of intense training followed by 10sec of rest.

I = Mod-Hi | C = NR

MUM & BUBS

Mums & Bubs

Bounce back into shape with your bub. This class is a great way to bond with your baby while getting your mind and body active, plus make friends with other new Mums. Dads are welcome too.

I = Low-Mod | C = NR

MIND & BODY

Pilates

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.

I = Low-Mod | C = NR

Foundation Yoga

Learn the basics of Yoga. Understand the poses and movments and how to perform them. Get it right and progress with this class.

I = Very Low | C = NR

Hatha Yoga

This 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.

I = Low | C = NR

Ashtanga Yoga

You will start with the two styles of Ashtanga sun salutations, a series of standing poses and then head into the focus for that day. All the fun stuff included; arm balances, inversions, challenging backbends and more. Open to students of all levels, it's about exploration and adventure! If you're new to Ashtanga style practice we offer modifications, use of props and lots of chances to rest and observe.

I = Lo-Mod | C = NR

Power Yoga

This form of Yoga is a strong, fast paced flowing practice that integrates the breath with the movement and dynamic transitions between poses. Power Yoga incorporates flexibility, however has a core focus on strength poses guaranteed to get your entire body into gear.

I = Mod-Hi | C = NR

Unwind

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 = Very Low | C = NR