

Exercise Timetable

27 October – 7 December 2014

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:35 am	POWER HOUR	REV (GTB)	HIIT 100	BOOTCAMP	BOX & ABS		
7:30 am						KICK & BOX	
8:30 am						MASTER BLAST	REV & ABS
9:30 am	POWER HOUR	REV	STEP & BURN FIGHT FIT	LITE & LO REV & ABS	SCULPT & TABATA YOGA	YOGA SCULPT	PILATES
10:30 am	AO50's PILATES	LITE & LO	SCULPT & UNWIND	ZUMBA	AO50's / UNWIND		
3:00 pm						HIIT 100	
4:00 pm						REV (GTB)	ZUMBA
4:30 pm	ZUMBA	POWER HOUR	LITE & LO PLUS	SCULPT			
5:30 pm	AERO SCULPT	UNWIND	CARDIO BOX		REV & ABS		
6:00 pm	PILATES	MASTER BLAST	ZUMBA	YOGA			
6:30 pm	POWER HOUR	CARDIO BOX	REV & ABS	REV (GTB)	ZUMBA		
7:00 pm	REV	POWER YOGA	STEP & BURN				
7:30 pm	HIIT 100	REV	PILATES				

STUDIO 1 | STUDIO 2

Attending Classes

- All classes are 1 hour unless otherwise stated on the definition page.
- Class tickets are available from reception 30 minutes prior to class commencement.
- 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.
- Bring clean feet to all mind/body classes.
- Arrive on time to minimise chance of injury and to avoid disrupting the class. Late comers may be refused entry.
- The cool down is important. Ensure you complete this to maintain flexibility, reduce soreness and avoid injury.
- Advise your instructor of any medical conditions, pregnancy or injuries you have prior to the commencement of each class.



HealthMates
Fitness Centre

GROUP EXERCISE CLASSES

Timetable effective
27 October to 7 December 2014



P. 8707 6930

healthmates.com.au

facebook.com/HealthMates



**AUSTRALIAN HEALTH
& FITNESS INDUSTRY**
QUALITY AWARDS 2014
PRIZE FOR ADVANCEMENT
OF EXCELLENCE

CLASS DESCRIPTIONS

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

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 = Mod-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-Med | C = NR

INTERVAL SERIES
HIIT 100
Get ready to give 100% in this challenging high intensity interval class. Incorporating functional compound movements and mini challenges, you'll achieve improved strength, power and fitness. Beware... this class is certainly not for the faint hearted or people new to exercise. If you are after a tough workout you'll love this class!
I – Hi | C = NR

Master Blast
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.
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 = Mod

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 butts 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 class. 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

Box & Abs
Hit the start hard with rounds of boxing pad work, followed by a solid 20 minute ab blast you're sure to remember. Build your fitness and coordination, along with a strong core, in this dynamic combo class.
I = Mod-Hi | C = NR

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. Held on the top level of the carpark. You will be put through your paces with tyres, ropes, sandbags and lots more. Rain or shine, the class is on as it will be moved indoors.
I = Mod-Hi | C = NR

COMBO SESSIONS
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 | 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!
I = Mod-Hi | C = Mod

Box & Abs
Hit the start hard with rounds of boxing pad work (we'll set you up with a partner or bring a friend), followed by a solid 20 minute ab blast you're sure to remember. Build your fitness and coordination, along with a strong core, in this dynamic combo class. Remember to bring your glove inners (see reception for details).
I = Mod-Hi | 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-Med | 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

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

Yoga
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.
I = Low | 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 = Lo – Mod | 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

