



Time	Mon 18 Jan	Tue 19 Jan	Wed 20 Jan	Thu 21 Jan	Fri 22 Jan	Sat 23 Jan	Sun 24 Jan
5:35 am	CARDIO BOX	REV (GTB)	MASTER BLAST	BOOTCAMP	PILATES		
7:00 am		MASTER BLAST		POWER HOUR			
7:30 am						KICK & BOX	
8:30 am						MASTER BLAST	REV 1/2
9 am							ABS 1/2
9:30 am	POWER HOUR FIGHT FIT	REV	BOOTCAMP	LITE & LO REV 1/2	FOUNDATION YOGA ZUMBA	HATHA YOGA	PILATES
10:00am				ABS 1/2			
10:30 am	AO 50's PILATES	LITE & LO BUTT BLAST	PILATES REV	ZUMBA	AO 50's / UNWIND		
11:00am							
11:30 am		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	FIGHT FIT 30	REV 1/2		
6:00 pm	BUTT & ABS PILATES 1/2	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	VINYASA YOGA	ABS STEP HIIT 1/2				
7:30 pm	BOOTCAMP	REV					

Time	Mon 25 Jan	Tue 26 Jan	Wed 27 Jan	Thu 28 Jan	Fri 29 Jan	Sat 30 Jan	Sun 31 Jan
5:35 am	CARDIO BOX		MASTER BLAST	BOOTCAMP	PILATES		
7:00 am				POWER HOUR			
7:30 am						KICK & BOX	
8:30 am						MASTER BLAST	REV 1/2
9 am							ABS 1/2
9:30 am	POWER HOUR FIGHT FIT	REV	BOOTCAMP	LITE & LO REV 1/2	FOUNDATION YOGA ZUMBA	HATHA YOGA	PILATES
10:00am				ABS 1/2			
10:30 am	AO 50's PILATES		PILATES REV	ZUMBA	AO 50's / UNWIND		
11:00am				MUMS & BUBS			
11:30 am						REV (GTB)	ZUMBA
4:00 pm							
4:30 pm	ZUMBA		POWER HOUR	SCULPT			
5:30 pm	AERO 1/2		PILATES	FIGHT FIT 30	REV 1/2		
6:00 pm	BUTT & ABS PILATES 1/2	CARDIO BOX	ZUMBA	HATHA YOGA	ABS 1/2		
6:30 pm	POWER HOUR		REV 1/2	REV (GTB)	ZUMBA		
7:00 pm	REV		ABS STEP HIIT 1/2				
7:30 pm	BOOTCAMP						

## HEALTH MATES FESTIVE HOURS

24 December: 5.00am - 6pm  
 25 December: Closed  
 26 December: 8am - 12pm & 3pm - 7pm  
 28 December: 8am - 12pm & 3pm - 7pm  
 31 December: 5.00am - 6pm  
 1 January: 3pm - 7pm  
 26 January: 8am - 12pm & 3pm - 7pm

### Note:

- We will be open all other days as usual.
- Off Peak & Matinee membership holders will be able to attend at anytime on the public holidays.

## CHRISTMAS CLASSES

Show off your festive flair

(e.g hats, tinsel, earrings, T-shirts, Xmas colours)

Monday 21 Dec Rev 7pm (Special 75min)  
 Tuesday 22 Dec Rev 9.30am  
 Thursday 24 Dec All classes

## THE TREE HOUSE CRÈCHE

During the school holidays children aged 3mths to 13yrs are welcome, so there's no reason for you to stop exercising.

- The Tree House Crèche will be closed:  
 21 December 2015 to 3 January 2016  
 26 January 2016 (Australia Day Public Holiday)

## 12 DAYS OF CHRISTMAS—FREE CLASSES FOR YOUR FRIENDS!

Bring along your friends to try our classes for FREE.

No catches, no limits, no pressure to join ... just our gift to them.

**Saturday 13 – Wednesday 24 December**

Remind your friends to:

- Be a member of Revesby Workers' Club (if over 18 years)
- Mention this promo upon arrival to receive FREE CLASS PASS
- Minimum age is 14
- Not valid for current Health Mates members and multi visit pass holders



**HealthMates**  
Fitness Centre

## GROUP EXERCISE CLASSES

FESTIVE TIMETABLE

7 December 2015 to 31 January 2016



P. 8707 6930

[healthmates.com.au](http://healthmates.com.au)  
[facebook.com/HealthMates](https://www.facebook.com/HealthMates)

The Health Mates team wish you a very merry Christmas and may 2016 be filled with good health and happiness.



Time	Mon 7 Dec	Tue 8 Dec	Wed 9 Dec	Thu 10 Dec	Fri 11 Dec
5:35 am	CARDIO BOX	REV (GTB)	MASTER BLAST	BOOTCAMP	PILATES
7:00 am		MASTER BLAST		POWER HOUR	
9:30 am	POWER HOUR FIGHT FIT	REV	BOOTCAMP	LITE & LO REV 1/2	FOUNDATION YOGA SCULPT 1/2
10:00am				ABS 1/2	TABATA 1/2
10:30 am	AO 50's PILATES	LITE & LO BUTT BLAST	PILATES	ZUMBA	AO 50's / UNWIND
11:30 am		MUMS & BUBS		MUMS & BUBS	
4:30 pm	ZUMBA	LITE & LO PLUS	POWER HOUR	SCULPT	
5:30 pm	AERO 1/2	UNWIND CARDIO HIIT	PILATES	FIGHT FIT 30	REV 1/2
6:00 pm	BUTT & ABS 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	VINYASA YOGA	ABS 1/2 STEP HIIT		
7:30 pm	BOOTCAMP	REV			

Time	Sat 12 Dec	Sun 13 Dec
7:30 am	KICK & BOX	
8:30 am	MASTER BLAST	REV 1/2
9 am		ABS 1/2
9:30 am	HATHA YOGA	PILATES
4:00 pm	REV (GTB)	ZUMBA

Time	Mon 14 Dec	Tue 15 Dec	Wed 16 Dec	Thu 17 Dec	Fri 18 Dec
5:35 am	CARDIO BOX	REV (GTB)	MASTER BLAST	BOOTCAMP	PILATES
9:30 am	POWER HOUR FIGHT FIT	REV	BOOTCAMP	LITE & LO REV 1/2	FOUNDATION YOGA SCULPT 1/2
10:00am				ABS 1/2	TABATA 1/2
10:30 am	AO 50's PILATES	LITE & LO BUTT BLAST	PILATES	ZUMBA	AO 50's / UNWIND
11:30 am		MUMS & BUBS			
4:30 pm	ZUMBA	LITE & LO PLUS	POWER HOUR	SCULPT	
5:30 pm	AERO 1/2	UNWIND	PILATES	FIGHT FIT 30	REV
6:00 pm	BUTT & ABS 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	VINYASA YOGA	ABS 1/2 STEP HIIT		
7:30 pm	BOOTCAMP	REV			

Time	Sat 19 Dec	Sun 20 Dec
7:30 am	KICK & BOX	
8:30 am	MASTER BLAST	REV 1/2
9 am		ABS 1/2
9:30 am	HATHA YOGA	PILATES
4:00 pm	REV (GTB)	ZUMBA

Time	Mon 21 Dec	Tue 22 Dec	Wed 23 Dec	Thu 24 Dec	Fri 25 Dec
5:35 am	CARDIO BOX	REV (GTB)	MASTER BLAST	BOOTCAMP	
9:30 am	FIGHT FIT	REV	BOOTCAMP	LITE & LO REV 1/2	
10:00am				ABS 1/2	
10:30 am	AO 50's PILATES	LITE & LO	PILATES	ZUMBA	
11:00am					
11:30 am		MUMS & BUBS			
4:30 pm	ZUMBA		POWER HOUR		
5:30 pm	AERO 1/2	CARDIO HIIT	PILATES		
6:00 pm	BUTT & ABS 1/2 PILATES	BUTT BLAST	ZUMBA		
6:30 pm	POWER HOUR	FIGHT FIT 30 CARDIO BOX	REV 1/2		
7:00 pm	REV Special 1hr 15min	VINYASA YOGA	ABS 1/2 STEP HIIT		
7:30 pm	BOOTCAMP	REV			

Time	Sat 26 Dec	Sun 27 Dec
7:30 am		
8:30 am		REV 1/2
9 am		ABS 1/2
4:00 pm		ZUMBA

Time	Mon 28 Dec	Tue 29 Dec	Wed 30 Dec	Thu 31 Dec	Fri 1 Jan
5:35 am		REV (GTB)	MASTER BLAST		
9:30 am	FIGHT FIT	REV	BOOTCAMP	REV 1/2	
10:00am				ABS 1/2	
10:30 am		LITE & LO		ZUMBA	New Years Day
4:30 pm		LITE & LO PLUS	POWER HOUR	New Year's Eve	
5:30 pm		CARDIO HIIT	PILATES		
6:00 pm	REV	BUTT BLAST	ZUMBA		
6:30 pm		FIGHT FIT 30	REV 1/2		
7:00 pm		VINYASA YOGA	ABS 1/2 STEP HIIT		
7:30 pm		REV			

Time	Sat 2 Jan	Sun 3 Jan
7:30 am		
8:30 am	MASTER BLAST	REV 1/2
9 am		ABS 1/2
9:30 am	HATHA YOGA	PILATES
4:00 pm	REV (GTB)	ZUMBA

Time	Mon 4 Jan	Tue 5 Jan	Wed 6 Jan	Thu 7 Jan	Fri 8 Jan
5:35 am	CARDIO BOX	REV (GTB)	MASTER BLAST	BOOTCAMP	
7:00 am		MASTER BLAST		POWER HOUR	
9:30 am	FIGHT FIT	REV	BOOTCAMP	LITE & LO REV 1/2	FOUNDATION YOGA ZUMBA
10:00am				ABS 1/2	
10:30 am	AO 50's PILATES	LITE & LO	PILATES	ZUMBA	AO 50's / UNWIND
11:00am					
4:30 pm	ZUMBA	LITE & LO PLUS	POWER HOUR	FIGHT FIT 30	
5:30 pm	AERO 1/2	CARDIO HIIT	PILATES		REV 1/2
6:00 pm	BUTT & ABS 1/2	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	VINYASA YOGA	ABS 1/2 STEP HIIT		
7:30 pm	BOOTCAMP	REV			

Time	Sat 9 Jan	Sun 10 Jan
7:30 am	KICK & BOX	
8:30 am	MASTER BLAST	REV 1/2
9 am		ABS 1/2
9:30 am	HATHA YOGA	PILATES
4:00 pm	REV (GTB)	ZUMBA

Time	Mon 11 Jan	Tue 12 Jan	Wed 13 Jan	Thu 14 Jan	Fri 15 Jan
5:35 am	CARDIO BOX	REV (GTB)	MASTER BLAST	BOOTCAMP	PILATES
7:00 am		MASTER BLAST		POWER HOUR	
9:30 am	POWER HOUR FIGHT FIT	REV	BOOTCAMP	LITE & LO REV 1/2	FOUNDATION YOGA PILATES
10:00am				ABS 1/2	
10:30 am	AO 50's PILATES	LITE & LO BUTT BLAST	PILATES REV	ZUMBA	AO 50's / UNWIND
11:00am					
11:30 am		MUMS & BUBS		MUMS & BUBS	
4:30 pm	ZUMBA	LITE & LO PLUS	POWER HOUR	SCULPT	
5:30 pm	AERO 1/2	UNWIND CARDIO HIIT	PILATES	FIGHT FIT 30	REV 1/2
6:00 pm	BUTT & ABS 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	VINYASA YOGA	ABS 1/2 STEP HIIT		
7:30 pm	BOOTCAMP	REV			

Time	Sat 16 Jan	Sun 17 Jan
7:30 am	KICK & BOX	
8:30 am	MASTER BLAST	REV 1/2
9 am		ABS 1/2
9:30 am	HATHA YOGA	PILATES
4:00 pm	REV (GTB)	ZUMBA

## ATTENDING CLASSES

- To find out what each class is about see reception for a class description handout or visit our website.
- 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.

