

Group Exercise Classes

Timetable effective 21 January 2019

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5.30 AM	CARDIO BOX	REV 45	BODY HIIT	THE ZUU 30	PILATES		
6.00 AM				REV 30			
7.30 AM						BODY HIIT 45	
8.30 AM						SCULPT	REV 30
9.00 AM			CARDIO HIIT 30				ABS 30
9.10 AM					TODDLER FIT 30		
9.30 AM	POWER HOUR FIGHT FIT	REV 45	STEP 30	LITE & LO REV 30	FOUNDATION YOGA	HATHA YOGA	PILATES PLUS
9.40 AM					ZUMBA 45		
10.00 AM		LITE & LO	SCULPT 45	ABS 30			
10.30 AM	AO50'S PILATES	HATHA YOGA	PILATES	ZUMBA 45 STRETCH	AO50'S & STRETCH 75 REV 45	ZUMBA 45	
11.15 AM		MUMS & BUBS 45		MUMS & BUBS 45			
11.30 AM	STRONG & STABLE 45		STRONG & STABLE 45		STRONG & STABLE 45		
4.00 PM						REV 45	ZUMBA 45
4.30 PM	ZUMBA 45	PILATES		BODY HIIT 45	SCULPT		
5.00 PM		POWER HIIT 30	SCULPT			YIN YOGA	
5.30 PM	AERO 30	CARDIO HIIT 30 STRETCH	PILATES PLUS		REV 45		
6.00 PM	SCULPT 30 PILATES	SCULPT 30	ZUMBA 45	HATHA YOGA	ZUMBA 45		
6.30 PM	POWER HOUR	FIGHT FIT 45 LATIN FITNESS	REV 30	BOXING	ZUU HIIT 30		
7.00 PM	REV 45		ABS 30	GUIDED MEDITATION 30	POWER HOUR		
7.15 PM		VINYASA YOGA					
7.30 PM		REV 30	BODY HIIT 45	LATIN FITNESS			
7.45 PM	BODY HIIT 45						
8.00 PM		BOXING 30					

ATTENDING CLASS

- 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.

STUDIO ONE | STUDIO TWO



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Strength & Toning

ABS (30 MINS) I = Low - Medium | C = NR

Challenge your core with this 30 min class that aims to target and strengthen your abdominals.

POWER HOUR (60 MINS) I = Low - High | 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 (60 MINS, 45 MINS OR 30 MINS) I = Low - Mod | 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!

Interval Series

CARDIO HIIT (30 MINS) I = Mod - High | C = NR

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 hit. This class will consist of cardio intervals and plyometrics to get your heart rate pumping.

POWER HIIT (30 MINS) I = High | C = How

Enjoy an effective and intense weights session. This 30min class will have your muscles pumping, without running and jumping. A time effective way to get your weight training done.

BODY HIIT (45 MINS OR 60 MINS) I = High | C = How

This class brings both Cardio HIIT and Power HIIT together for one full body HIIT session. You will see your fitness and strength increase with every class.

ZUU HIIT (30 MINS) I = Mod - High | C = Low

If you are loving the ZUU elements and enjoy the push and variety that come with HIIT then give this class a go. You will have the ZUU elements alongside a mixture of HIIT exercises to challenge your body.

Cycling Sessions

REV (30 OR 45 MINS) I = Mod - High | C = NR

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

Boxing Style

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

BOXING (30 MINS OR 60 MINS) I = Mod - High | C = Minimal

A total body workout focusing on boxing drills, using speed and power sets.

CARDIO BOX (60 MINS) I = Mod - High | 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 confidence.

FIGHT FIT (45 MINS OR 60 MINS) I = Mod - High | C = Minimal

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 or inners required.

Specialty Classes

ACTIVE OVER 50S (60 MINS) 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!

ACTIVE OVER 50S & STRETCH (75 MINS) 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.

LITE & LO (60 MINS) I = Low - Mod - High | C = Low - Mod

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 want a light workout. You'll get a gentle cardiovascular session followed by basic muscle toning exercises and a relaxing cool down.

MUMS & BUBS (45 MINS) I = Low - Mod | C = NR

Suitable for 6 weeks - 2 year olds. Bounce back into shape with your bub. This class is a great way to bond with your baby whilst getting your mind and body active, plus make friends with other new Mums. Dads are welcome too.

STRONG AND STABLE (45 MINS) I = Very Low | C = NR

This class combines education and exercise in a progressive approach to improve balance, flexibility, coordination, strength and reduce risk of falling. Aids such as chairs and bars may be incorporated. Suitable for those wanting to maintain independence and enhance their wellbeing.

TODDLER FIT (30 MINS) I = Low - Mod | C = NR

Suitable for 2-4 year olds. Time to get active with your energetic toddler. This class is designed to engage with your child through exercise. We will explore many different activities together, while learning and having fun at the same time. The exercises are focused on setting the foundations for a healthy future for your child

ZUMBA (45 MINS) I = Mod - High | C = Low - Mod

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.

THE ZUU (30 MINS) I = Mod - High | C = Low

This class will get your heart pumping and muscles working in new dynamic and functional patterns based on primal animal movements. This more natural, low impact way of training improves mobility, flexibility, agility and boosts cardio endurance, reducing risk of injury. Able to work at your own pace and range, you'll enjoy the energy and comradery in The Zuu.

LATIN FITNESS (60 MIN) I = Mod | C = Low - Mod

Are you ready to find your hidden dancing abilities? Learn Salsa, Cha Cha, and Bachata. The moves will be broken down so you can learn them in blocks and then put it all together at the end. You will get a full mind and body workout and be able to hit the dance floor at that next gathering.

STEP (30 MINS) I = Mod - High | C = Hi

Miss a good step routine? This 30 minute step workout will have you stepping like you have never stepped before.

1/2 & 1/2 Classes

First 30 min is one style, second 30 min is 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 / cooldown.

AERO / SCULPT (30 MINS OR 60 MINS)

AERO: I = Mod - High | C = Mod - High /

SCULPT: I = Low - Mod | C = NR

Get a lean bod and toosh to match with this combo class. Kick start with 20-30mins of high energy aerobics, aimed at burning fat and getting your heart rate soaring. Finish up with a guaranteed butt and ab blast. The ultimate combo!

REV & ABS (30 MINS OR 60 MINS) I = Mod - High | C = NR

30 minutes of calorie burning cycling, backed up with an awesome core workout sure to wake up the most dormant of abs.

Mind & Body

GUIDED MEDITATION (30 MINS) I = Very Low | C = NR

Our meditation narrator will guide you to relax your body and mind, helping to reach a deep meditative state before going on a journey in your mind to reach a specific goal. As your brain does not distinguish between an imagined event and a real one, the experience you have with guided meditation is just like having a real experience. Amazing!

PILATES (60 MINS) 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.

PILATES PLUS (60 MINS) I = Low - Med | C = NR

Enjoying what you are gaining from your Pilates classes? Then Pilates Plus will take it to the next level with balls, bands and circles.

STRETCH (60 MINS) 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

FOUNDATION YOGA (60 MINS) I = Very Low | C = NR

Learn the basics of Yoga by understanding the poses and movements, plus how to perform them.

HATHA YOGA (60 MINS) I = Low | C = NR

This class focuses on alignment of the whole body while holding poses that 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.

VINYASA YOGA (60 MINS) I = Mod | C = NR

Vinyasa means 'breath-synchronized movement'. This class is a series of poses that will move you through the power of inhaling and exhaling, with smooth flowing movements.

YIN YOGA (60 MINS) I = Mod | C = NR

Yin yoga is a calm peaceful practice that targets the connective tissues and joints of the body. Suitable for everyone, particularly people who are 'busy' stressed and in need of balance. A floor based practice where postures are held for time. Yin Yoga is great for slowing down and goes hand in hand with the practice of mindfulness.