

Attending a class

- All classes are 1 hour unless otherwise stated on timetable.
- 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 & to remove sweat from your body.
- Bring a bottle of water.
- Bring clean feet to all mind / body classes.
- Arrive on time to minimise chance of injury and 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.

Class location code:

STUDIO ONE | STUDIO TWO

Class descriptions:

To see full list of class descriptions visit;
www.healthmates.com.au



@healthmatesrwc

What's new?

- Tuesday 6.30pm Latin Fitness is now Dance Fitness
- New class Wednesday at 8am Active Over 50's
- Wednesday 5pm Sculpt is now Step 30 & Sculpt 30
- Wednesday at 5.30pm Pilates Plus is now Hatha Flow Yoga
- Wednesday at 7.15pm is now Latin Fitness (instead of Thursday night) & is replacing Body HIIT
- Friday Foundation Yoga will move to 9.15am (This will allow quiet time around the room)
- Saturday Zumba moving to 9.30am

New styles

Hatha Flow yoga – Comprising of all the elements of traditional Hatha & adding in elements of Vinyasa, this dynamic class will have you sweating. Building heat with waves of flow and then cool it back down and enjoy stillness.

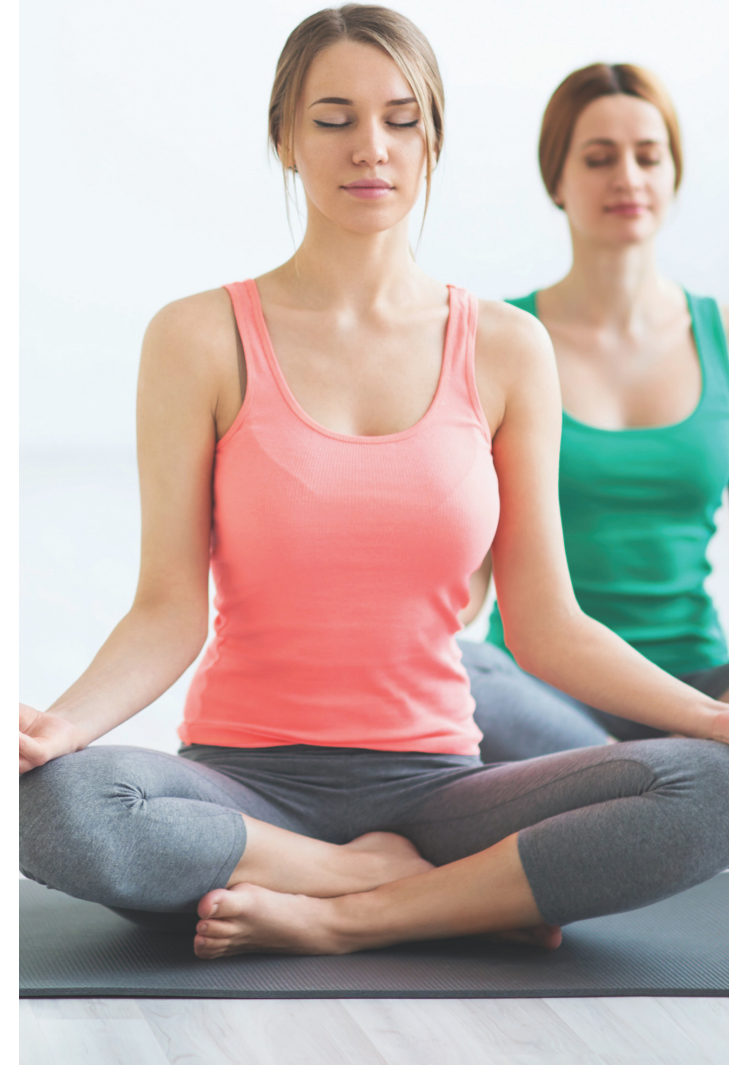
Dance Fitness - Time to take on the classic songs (flash dance) and groove to the Top 40 hits with Latin/Hip Hop and Jazz. Leave your worries at home and flick your hair with your best gym mates. This empowering class will leave you feeling invincible.



Health Mates Fitness Centre

Group Exercise Classes

Timetable effective 29 April 2019



HealthMates
Fitness Centre

PH 8707 6930

| TIME | MON 29/4 | TUE 30/4 | WED 1/5 | THU 2/5 | FRI 3/5 | SAT 4/5 | SUN 5/5 |
|---------|-------------------------|-------------------------------|---------------------------------|-------------------------|----------------------------------|------------------------|--------------|
| 5:30am | CARDIO BOX | REV 45 | BODY HIIT | POWER HIIT 30 | PILATES | | |
| 6:00am | | | | REV 30 | | | |
| 7:30am | | | | | | BODY HIIT 45 | |
| 8:00am | | | A050's | | | | |
| 8:30am | | | | | | SCULPT | REV 30 |
| 9:00am | | | CARDIO HIIT 30 | | | | ABS 30 |
| 9:10am | | | | | TODDLER FIT 30 | | |
| 9:15am | | | | | FOUNDATION YOGA | | |
| 9:30am | POWER HOUR FIGHT FIT | REV 45 | STEP 30 | LITE & LO REV 30 | | HATHA YOGA ZUMBA 45 | PILATES PLUS |
| 9:40am | | | | | ZUMBA 45 | | |
| 10:00am | | LITE & LO | SCULPT 45 | ABS 30 | | | |
| 10:30am | A050's PILATES | HATHA FLOW YOGA | PILATES | ZUMBA 45 STRETCH | A050's & STRETCH 75 REV 45 | | |
| 11:15am | | MUMS & BUBS 45 | | MUMS & BUBS 45 | | | |
| 11:30am | STRONG & STABLE 45 | | STRONG & STABLE 45 | | STRONG & STABLE 45 | | |
| 4:00pm | | | | | | REV 45 | ZUMBA 45 |
| 4:30pm | ZUMBA 45 | PILATES | | BODY HIIT 45 | SCULPT | | |
| 5:00pm | | POWER HIIT 30 | STEP 30 | | | YIN YOGA | |
| 5:30pm | AERO 30 | CARDIO 30 STRETCH | SCULPT 30 HATHA FLOW YOGA | | REV 45 | | |
| 6:00pm | SCULPT 30 PILATES | SCULPT 30 | ZUMBA 45 | HATHA YOGA | ZUMBA 45 | | |
| 6:30pm | POWER HOUR | FIGHT FIT 45 DANCE FITNESS | REV 30 | BOXING | | | |
| 7:00pm | REV 45 | | ABS 30 | GUIDED MEDITATION 30 | POWER HOUR | | |
| 7:15pm | | VINVASA YOGA | LATIN FITNESS | | | | |
| 7:30pm | | REV 30 | | | | | |
| 7:45pm | BODY HIIT 45 | | | | | | |
| 8:00pm | | BOXING 30 | | | | | |