



Group Fitness Timetable



Time/Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6.15am		Circuit Express (45min)		Circuit Express (45min)			
8.00am		Power (S.T.A.R)					
8.30am						X55	
9.15am	Fight Do	Power	X55	Power	Cardio Combo		Circuit Express (45min)
9.30am						Power	
10.15am				Yogalates (S.T.A.R)			
6.00pm	Fight Do	Power	Fitball	Fighting Fit			
7.00pm			Fight Do				

We have a wide range of classes available. If it's muscle conditioning for strength or shape, fat-burning for weight loss, or increased flexibility and core strength, we have the right class for you.

Yogalates	X55	Power	Fitball	Circuit Express (45 min)	Fight Do	Fighting Fit	Power (S.T.A.R)	Cardio Combo
<p>A great class for improving balance, coordination and range of movement throughout the body. Yogalates looks at strengthening and stretching muscles with isometric exercises, it includes relaxation, meditation, concentration and breathing techniques.</p> <p><i>Part of the S.T.A.R. (Seniors That Actively Retire) Fitness Program.</i></p>	<p>Butt toning, leg shaping, calorie busting and torso trimming. Using steps, hand weights, cables or no equipment at all, we promise to work your body in ways never thought possible.</p> 	<p>Power is the ultimate barbell program with the name that says it all. A real weights workout, designed to strengthen, build and tone your body.</p> 	<p>Using a Fitball, this class incorporates core stability, muscle strengthening and fat burning. Perfect low impact class.</p>	<p>Circuit training is a combination of high-intensity aerobics and resistance training designed to be easy to follow and target fat loss, muscle building and heart fitness.</p>	<p>Combining the best of boxing and martial arts in a simple, dynamic and INTENSE workout!</p>	<p>Punch your way to fitness with this non-contact workout. Circuit training for fitness, speed, strength and muscle conditioning. No boxing experience required.</p>	<p>Targeted at those 55+ this 60 minute class uses barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat burning.</p> <p><i>Part of the S.T.A.R. (Seniors That Actively Retire) Fitness Program.</i></p>	<p>Cardio Combo is an excellent class to improve cardio vascular endurance and stamina, using different forms of cardio exercise and strength training to reach your goals.</p>

