

# GROUP FITNESS TIMETABLE

ARMADALE  
**ARENA**

	MON	TUES	WED	THUR	FRI	SAT	SUN
6.15 AM		<b>GROUP*</b> TRAINING		<b>GROUP*</b> TRAINING			
8.00 AM		<b>RIP</b>					
9.00 AM						<b>POWER</b> <b>STEP</b>	<b>GROUP*</b> TRAINING
9.30 AM	<b>WAR</b>	<b>RIP</b>	<b>POWER</b> <b>STEP</b>	<b>RIP</b>	FUNCTIONAL <b>FITNESS*</b>		
10.00 AM						<b>RIP</b>	
10.30 AM	<b>KICKBOX*</b>	<b>TRANS</b> <b>FORM.</b>	<b>KICKBOX*</b>	<b>YOGALATES</b>	<b>metafit.*</b>		
5.30 PM	FUNCTIONAL <b>FITNESS*</b>	<b>KICKBOX*</b>	<b>WAR</b>	<b>RIP*</b>			
6.15 PM	<b>metafit.*</b>	<b>RIP</b>	FUNCTIONAL <b>FITNESS*</b>	<b>TRANS</b> <b>FORM.</b>			

\*45 Minute session

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.

## RIP

RIP is a barbell workout that incorporates functional orthopedic strength training. Every movement plane is attacked using weights and body weight. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere. Group Rx™

## TRANSFORM

TRANSFORM unites yoga and sport like never before. Prepare for a unique mind/body experience featuring traditional yoga poses, such as warrior, and sport-influenced movement including plyometrics, and strength. Group Rx™

## POWER STEP

POWER STEP features functional athletic training and incorporates a platform for cardio, power, strength, balance, and agility training. The athletic choreography will have an immediate impact that will ignite your passion for fitness. Group Rx™

## WAR

WAR is an exhilarating total body workout where a fusion of martial arts meets chart-topping music. Learn how to punch effectively, kick safely, and perform hooks and uppercuts like the pros. Group Rx™

## FUNCTIONAL FITNESS

FUNCTIONAL FITNESS will train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports.

This diverse, challenging session incorporates body weight exercises, use of suspension straps, kettlebells and Fitball to keep your body guessing.

## KICKBOX

KICKBOX is a dynamic session incorporating basic boxing and kickboxing skills using boxing gloves, focus mitts and free standing boxing bags. The emphasis is on cardio vascular fitness, coordination and technique. All equipment provided.

## YOGALATES

YOGALATES improves balance, coordination, core strength and flexibility with this unique combination of traditional Yoga and Pilates. Finish off your session with a relaxing guided meditation for inner peace and clarity.

## metafit.

METAFIT group workout is the original HIIT workout to burn fat and change the resting metabolism by working large muscle groups with simple, high intensity intervals to get quick results for your body. Metafit™

## GROUP TRAINING

GROUP TRAINING - Spice up your regime with this group personal training session. Our qualified personal trainers will challenge you to step outside the box utilising cardio machines, weight machines, free weights and body weight exercises.