



# CHRISTMAS TIMETABLE

## STAFFED HOURS

Monday - Thursday: 8:00am - 7:30pm  
 Friday: 8:00am - 2:00pm  
 Saturday: 8:00am - 12:00pm  
 Sunday & Public Holidays: Unstaffed

Christmas timetable will run from December 17, 2018 to January 29, 2019

| MAIN EXERCISE STUDIO | MONDAY                      | TUESDAY                                   | WEDNESDAY                       | THURSDAY                                  | FRIDAY                          | SATURDAY                                  | SUNDAY                        |                             |
|----------------------|-----------------------------|---|---------------------------------|---|---------------------------------|---|-------------------------------|-----------------------------|
|                      | 6:00am                      | <b>BODY PUMP</b><br>60 mins               | <b>BODY ATTACK</b><br>60 mins   | <b>BODY PUMP</b><br>60 mins               |                                 | <b>BODY PUMP</b><br>60 mins               |                               |                             |
|                      | 8:00am                      |   |                                 |   |                                 | <b>BODY PUMP</b><br>60 mins               |                               |                             |
|                      | 8:15am                      | <b>ACTIVE ADULTS</b><br>Gym Floor 45 mins |                                 | <b>ACTIVE ADULTS</b><br>Gym Floor 45 mins |                                 | <b>ACTIVE ADULTS</b><br>Gym Floor 45 mins |                               |                             |
|                      | 9:00am                      |   |                                 | <b>BODY COMBAT</b><br>60 mins             |                                 | <b>FIT 30</b><br>30 mins                  | <b>BODY ATTACK</b><br>60 mins | <b>BODY PUMP</b><br>60 mins |
|                      | 9:30am                      | <b>FIT 45</b><br>45 mins                  | <b>BODY PUMP</b><br>60 mins     |   | <b>BODY PUMP</b><br>60 mins     | <b>BODY ATTACK</b><br>60 mins             |                               |                             |
|                      | 10:00am                     |   |                                 |   |                                 | <b>BODY JAM</b><br>60 mins                |                               |                             |
|                      | 10:45am                     |   | <b>ACTIVE ADULTS</b><br>45 mins |   | <b>ACTIVE ADULTS</b><br>45 mins |   |                               |                             |
|                      | 5:30pm                      | <b>BOOTY &amp; ABS</b><br>30 mins         |                                 |   |                                 |   |                               |                             |
|                      | 6:00pm                      | <b>BODY ATTACK</b><br>60 mins             | <b>BODY PUMP</b><br>60 mins     |   | <b>BODY PUMP</b><br>60 mins     |   |                               |                             |
| 6:30pm               |                             |   | <b>BODY PUMP</b><br>60 mins     |   |                                 |   |                               |                             |
| 7:00pm               | <b>BODY PUMP</b><br>60 mins | <b>BODY JAM</b><br>60 mins                |                                 |   |                                 |   |                               |                             |

| CYCLE | 6:00am |                           | <b>RPM</b><br>45 mins |                         | <b>RPM</b><br>45 mins     |                         |                          |
|-------|--------|---------------------------|-----------------------|-------------------------|---------------------------|-------------------------|--------------------------|
|       | 8:00am |                           |                       |                         |                           | <b>RPM</b><br>45 mins   |                          |
|       | 9:00am | <b>WEXER</b><br>45 mins   |                       | <b>WEXER</b><br>45 mins |                           | <b>WEXER</b><br>45 mins | <b>RPM HP</b><br>60 mins |
|       | 9:15am |                           |                       |                         |                           |                         |                          |
|       | 6:00pm | <b>SPIN 30</b><br>30 mins | <b>RPM</b><br>45 mins | <b>RPM</b><br>45 mins   | <b>SPIN 30</b><br>30 mins |                         |                          |

| MIND & BODY | 8:00am  |                                |                           |                                |                           | <b>KIDS FIT</b><br>60 mins     |                                |
|-------------|---------|--------------------------------|---------------------------|--------------------------------|---------------------------|--------------------------------|--------------------------------|
|             | 9:15am  | <b>BODY BALANCE</b><br>60 mins | <b>PILATES</b><br>60 mins | <b>BODY BALANCE</b><br>60 mins | <b>YOGA</b><br>60 mins    | <b>BODY BALANCE</b><br>60 mins |                                |
|             | 10:15am |                                |                           |                                |                           | <b>YOGA</b><br>60 mins         | <b>BODY BALANCE</b><br>60 mins |
|             | 6:00pm  | <b>PILATES</b><br>60 mins      | <b>YOGA</b><br>60 mins    | <b>PILATES</b><br>60 mins      | <b>PILATES</b><br>60 mins |                                |                                |
|             | 7:00pm  | <b>BODY BALANCE</b><br>60 mins |                           |                                |                           |                                |                                |

| XMAS HOURS    |               | 23 Dec         | 24 Dec     | 25 Dec     | 26 Dec     | 27 Dec         | 28 Dec         | 29 Dec         | 30 Dec     | 31 Dec     | 1 Jan      |
|---------------|---------------|----------------|------------|------------|------------|----------------|----------------|----------------|------------|------------|------------|
|               | STAFFED HOURS | UNSTAFFED      | UNSTAFFED  | UNSTAFFED  | UNSTAFFED  | NORMAL HOURS   | NORMAL HOURS   | NORMAL HOURS   | UNSTAFFED  | UNSTAFFED  | UNSTAFFED  |
|               | CLASSES       | XMAS TIMETABLE | NO CLASSES | NO CLASSES | NO CLASSES | XMAS TIMETABLE | XMAS TIMETABLE | XMAS TIMETABLE | NO CLASSES | NO CLASSES | NO CLASSES |
| ACTIVE ADULTS |               | NO AA          | NO AA      | NO AA      | NO AA      | NO AA          | NO AA          | NO AA          | NO AA      | NO AA      |            |

# CLASS GUIDE

✓✓ = Best results

✓ = Good results



FITNESS



STRENGTH & TONE



WEIGHT LOSS



WELLNESS

|                        |   | FITNESS | STRENGTH & TONE | WEIGHT LOSS | WELLNESS |
|------------------------|---|---------|-----------------|-------------|----------|
| <b>ACTIVE ADULTS</b>   | A 60's+ class with low impact and weight bearing exercises, suitable for males and females of any fitness level and for rehabilitation. Develops stronger bones and muscles. This class is limited at 20 attendees per class, so please attend early to reserve a spot. | ✓       | ✓✓              | ✓           | ✓        |
| <b>BODY ATTACK</b>     | A sports-inspired cardio workout. This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises. It is the perfect class if you want to build speed, endurance, stamina and overall fitness.                   | ✓       |                 | ✓✓          |          |
| <b>BODY BALANCE</b>    | A combination of Yoga, Tai Chi and Pilates. This non / low impact class builds flexibility and strength and leaves you feeling centred and calm.  |         | ✓               |             | ✓✓       |
| <b>BODY COMBAT</b>     | A high-energy martial arts-inspired workout that is totally non-contact. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai and Kung Fu. Release stress, have a blast and feel like a champ.   | ✓       |                 | ✓           |          |
| <b>BODY JAM</b>        | A dance based cardio workout. An addictive fusion of latest dance styles and hot new sounds with as much emphasis on having fun as breaking a sweat!  | ✓       |                 |             | ✓✓       |
| <b>BODY PUMP</b>       | Get lean, build strength and tone muscle with this non-impact group-based barbell class. Designed to work all of your major muscle groups.  | ✓       | ✓✓              | ✓✓          |          |
| <b>BODY STEP</b>       | A full-body cardio and muscle conditioning step-based group class. Designed to increase your fitness and tone your butt and legs.   | ✓       | ✓               | ✓           |          |
| <b>BOOTY &amp; ABS</b> | A 30-minute class that's designed to tone your butt and abs. A Personal Trainer will take you through an array of exercises to activate and tone a perfect peach and six pack.  | ✓       | ✓✓              | ✓           |          |
| <b>CX WORXS</b>        | A short, sharp workout based on cutting-edge scientific research to strengthen and tone all the muscle groups in your core. Take your functional training to the next level and prevent injury by training your abs, glutes, back and obliques effectively.             | ✓       | ✓✓              | ✓           |          |
| <b>FIT 30</b>          | A 30-minute body weight circuit class run by a Personal Trainer, designed to raise your heart rate and burn calories!   | ✓       | ✓✓              | ✓✓          |          |
| <b>H.I.I.T</b>         | A 30-minute class of scientifically proven H.I.I.T training principles that will get you fitter and leaner than ever. The class takes place on the gym floor and consists of a range of cardio and strength exercises.  | ✓✓      | ✓✓              | ✓✓          | ✓        |
| <b>KIDS FIT</b>        | A complimentary class for members' children aged between 5 and 12. A Personal Trainer will take your children through some fun games and workouts whilst you enjoy your workout.  | ✓       |                 |             |          |
| <b>PILATES</b>         | Develop core strength, flexibility and awareness with our mat-based pilates exercises. Non-impact and a low to medium intensity.  |         | ✓✓              |             | ✓✓       |
| <b>RPM</b>             | A non-impact, 45-minute cycling workout. Take on the terrain with your inspiring coach who will lead the pack through hills, flats, mountain peaks, time trials, and interval training.   | ✓✓      |                 | ✓✓          |          |
| <b>SPIN 30</b>         | A freestyle, 30-minute cycling workout where the instructor will take you through high-intensity interval sprints to get your heart racing!   | ✓✓      |                 | ✓✓          |          |
| <b>YOGA</b>            | Experience new energy and calmness in mind and body! A non impact class great for strength, flexibility and relaxation. Our yoga instructors teach in various styles.   |         | ✓               |             | ✓✓       |