

Small Group Training Timetable

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| **Time**  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 6 am  | MetCon (10)GF Esther  | Assassins (10)GF Laetitia  | HIIT & Run (8)WWW Michelle |  | Aerobics (10)GF Michelle  |
| 8.45 am |  | **FBCW (10)****WWW Laetitia** | Body Challenge (10)WWW Michelle | 8.30am Aerobics (10)Crt 7 Michelle |  |
| 9.15 am | MetCon (10)Crt 7 Esther  |  |  |  | Aerobics (10)GF Michelle  |
| 10.15 am |  |  |  |  | Balance (15)GF Michelle  |
| 10.30 am |  |  |  | ABT (10)WWW Michelle |  |
| 11 am |  |  |  |  |  |
| 11.30am |  |  |  |  |  |
| ***Afternoon*** |  |  |  |  |  |
| 2 pm |  |  | Over 60’s Fit (10)WWW Deb  | Over 60’s Fit (10)WWW Deb | Over 60’s Fit (10)WWW Deb  |
| 2.15 pm | FBCW (10)WWW Laetitia |  |  |  |  |
| 2.30 pm |  | ABT (10)WWW Ilsa  |  |  |  |
| 4.30 pm |  |  |  | Firm Curves (8)WWW Deb  |  |
| 5 pm | Bootcamp (10)WWW Laetiita | MetCon (10)WWW Ilsa |  |  |  |
| 5.30 pm |  |   |  |  |  |
| 6.15 pm |  |  | Firm Curves (8)WWW Deb | Firm Curves (8)WWW Deb  | Firm Curves (8)WWW Deb  |

*Memberships:*

*Gym & SGT $17.95pw (add gp fitness $20.95pw) or SGT stand alone 1 mth pre paid $20 pr casual $15 each or 6 for $30*

*GF = Group Fitness Room, WWW = WWW gym, Fn Rm = Function Room, Crt 7 = Court 7*

Class descriptions

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| **Aerobics** | Appropriate for all fitness levels, choreographed to music to get your heart rate up. Cardiovascular training along with whole body toning. |
| **MetCon** | Circuit style class combining bodyweight and resistance movements to increase agility, power, strength and fat burn. Learn new moves under the close supervision of our trainer, modifications given for regression or progression to suit your level. |
| **ABT** | Define and sculpt abdominals, butt and thighs! This class targets these areas to strengthen and tone as well as improving core stability. |
| **Assassins** | A variety of exercises concentrating on abdominals, obliques and lower back muscles. Target muscles for a sculpted middle. Leave feeling like you just rocked your core to sleekness! |
| **Burnout Bootcamp** | Be part of ‘Titia’s Burnout Bootcamp tribe and see amazing results including fat loss, strength, increased fitness as well as improving your posture and confidence… and most importantly – making friends and having a good old laugh while you’re doing it! Always a fun challenge and never boring.  |
| **Over 60’s Fitness** | Be healthier and happier! Combining the circuit with the added benefits of light aerobic exercise and free weights. For ladies over the age of 60 aerobic routines should be safe yet strenuous enough to boost the heart rate into an aerobic zone. It is a very informal class. |
| **Firm curves** | Firm Curves utilises simple body weight exercises and dumbbells which makes it a great choice for achieving gains in strength, flexibility and overall health. Little or no equipment involved make it easy to transition from one move to the next with little rest. Firm Curves is suitable for any fitness level with modifications given for progression or regression |
| **Body Challenge** | An overall body challenge, from Tabata, to bodyweight circuit, to pyramid style. Each session different.....but fun. |
| **HIIT & Run** | Get your heart pumping with efficient fat burning intervals using a variety of cardio equipment. |
| **FBCW** | Full Body Circuit Workout. Get specific and target booty, arms and muffin tops. Tone and shape your body using therabands in between circuit machines |
| **Cardio Box** | One word: Confidence. Gain strength, power, confidence and hand-eye coordination and never look back after making this sweaty full-body workout a favourite in your routine! This class is capped at 4 participants and is available with the specialised small group training membership |
| **Post Natal & Pelvic Floor** | Toning & strengthening exercises designed specifically for ladies who are pregnant or post-natal. This class would benefit any woman who wants to learn more about exercising protecting and strengthening the pelvic floor. All ladies welcome and available on a specialised small group training membership |
| **Suspend Fit** | Developed by Navy Seal Squadron Commander Randy Hetrick, TRX allows gravity to be the resistance force acting through your body weight and giving you control of intensity. Challenge your whole body and improve flexibility, mobility, core strength, power and heart health. This class is capped at 4 participants and is available with the specialised small group training membership |
| **Fab Four** | Four exercises, ten reps and ten minutes with all out intensity. Track your progress by recording your sets and compare your own results each week. Each grouping lasts for six-eight weeks then it’s time to change it up |

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*All classes run for approximately 30 minutes*

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