

CASUAL SMALL GROUP TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM METCON	6:00AM ASSASSINS	6:00AM HIIT & RUN	8:15AM AEROBICS	6:00AM AEROBICS
8:45AM METCON	8:45AM FBCW	8:45AM BODY CHALLENGE	10:00AM ABT	9:15AM AEROBICS
5:00PM TABATA	5:00PM TABATA	2:00PM OVER 60'S	2:00PM OVER 60'S	10:30AM BALANCE
		6:30PM FIRM CURVES	4:30PM FIRM CURVES	2:00PM OVER 60'S
			6:30PM FIRM CURVES	6:30PM FIRM CURVES

Over 60's Fitness	Designed to make you healthier and happier. Combining the benefits of the circuit with added light aerobic exercise and light free weights. This informal class will add variety to your use of the circuit.
ABT	Define and sculpt abdominals, butt and thighs! This class targets these areas to strengthen and tone as well as improving core stability.
Aerobics	Great workout for all fitness levels. Choreographed to music, combining toning exercises with cardiovascular training.
Balance	Balance is the foundation of effective movement and a critical ability to help protect against injury, but unfortunately declines from about age 40. Increase your confidence with improved coordination and stability through dynamic and static balance training.
Body Challenge	An overall body challenge, from Tabata to bodyweight circuit to pyramid style. Each session different.....but fun.
MetCon	Fuse functional, strength and cardio in this multi station workout. Learn functional moves under the guidance of a Personal Trainer. Designed to build strength, agility, cardio capacity and shred fat.
Assassins	A strong core will improve musculoskeletal function and improve your posture. Exercises will target the muscles for a sculpted mid-section.
Firm Curves	Utilise simple body weight exercises and dumbbells to achieve gains in strength, flexibility and overall health. Based on bodyweight moves makes it simple to transition between moves with little rest.
FBCW (Full Body Circuit Workout)	Full Body Circuit Workout. Get specific targeting the booty, arms and muffin tops. Tone and sculpt using therabands between circuit machines.
Tabata	A style of HIIT that involves 20 seconds of exercise at your maximum effort, followed by 10 seconds of rest, for a certain number of rounds.

JOIN NOW!