

SMALL GROUP TRAINING

■ WOMENS WORKOUT EXCLUSIVE
 ■ WARWICK STADIUM
 ■ DUNCRAIG REC CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM METCON	6:00AM ASSASSINS	6:00AM HIIT & RUN	8:15AM AEROBICS	6:00AM AEROBICS	7:30AM KONGA
8:45AM METCON	8:45AM FBCW	8:30AM BETTER BALANCE + CARDIO	9:00AM PLATINUM CIRCUIT	9:00AM TAI CHI - BEGINNERS	10:30AM PILATES
9:15AM PILATES	9:00AM PILATES	8:45AM BODY CHALLENGE	10:00AM ABT	9:00AM TONED & STRONG	
10:30AM PLATINUM CIRCUIT		9:00AM BETTER BALANCE		9:15AM ZUMBA	
		10:30AM PILATES		9:15AM AEROBICS	
		10:30AM PLATINUM CIRCUIT		10:00AM TAI CHI - INTERMEDIATE	
				10:30AM PLATINUM CIRCUIT	
				10:30AM BALANCE	
5:00PM TABATA	5:00PM TABATA	2:00PM OVER 60'S	2:00PM OVER 60'S	2:00PM OVER 60'S	
6:30PM TAI CHI - BEGINNERS	7:00PM SOUL STRETCH	6:00PM KONGA	4:30PM FIRM CURVES	6:30PM FIRM CURVES	
6:45PM KONGA		6:30PM FIRM CURVES	6:00PM PILATES		
			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.