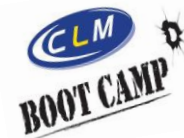


groupfitness






	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		<b>*Revolution</b> 6:05am With Josie		<b>*Revolution</b> 6:05am With Annie	<b>Circuit</b> 6:05am With Jody	<b>*Tag Team Combo</b> 8:05am Jer-Amy	
	<b>Combo</b> 9:05am With Sharon	<b>Pump</b> 9:05am With Sharon	<b>C.K.B</b> 9:05am With Sharon	<b>C.B.W</b> 9:05am With Jax	<b>*Revolution</b> 9:05am With Sharon	<b>Pump n Sculpt</b> 9:05am With Sharon	
	<b>Yoga</b> 10:15 am With Mel	<b>Yoga</b> 10:15am With Alinta	<b>Absolute Blast</b> 10:15am With Sharon	<b>EZI movers</b> 10:15am With Ngairene	<b>Yoga</b> 10:15am With Mel		
		<b>Never 2 Old</b> 11:00am With Nina			<b>Never 2 Old</b> 11:00am With Nina	<b>Bolly-Robix</b> 11:00am With Ella	
PM							
		<b>Ab Blast</b> 5:45pm Fitness Staff	Returning soon <b>*5:30pm</b>	<b>Ab Blast</b> 5:45pm Fitness Staff			
	<b>Combo</b> 6:00pm With Nicola	<b>Max-Fitt</b> 6:00pm With Jess	<b>Yoga</b> 6:00pm With Dianne	<b>Pump</b> 6:00pm With Sharon			
	<b>*Revolution</b> 6:00pm With Annie		<b>*Revolution</b> 6:00pm With Josie				



\*BOOKINGS ESSENTIAL

Active: January 2010

Ab blast/Absolute blast		Cardio kick boxing (C.K.B)	Combo
The ultimate abdominal and lower back workout. Combining both strength and endurance focused core exercises	Get toned, get fit and lose weight in this east meets west fantastic group fitness class. Incorporating highly energetic funky dance moves inspired by Bolly wood movies	Moderate to high intensity to increase strength and flexibility while burning calories. Great for all fitness fanatics.	A high energy workout that comes with a warning – You are definitely going to sweat.  Enjoy a mixture a free weights and cardio
Circuit	Core, Balance and Wellbeing	EZI movers	Max-Fitt
Combining machine weights and cardio to bring you a class that tones and defines muscles	By improving your core strength you are able to improve all over body balance which will lead to greater wellbeing. A inspiring pilates styled dance class.	Mainly designed for mature adults. A low impact class to keep joints and muscles in movement.	You name it – its all here in this fun, power packed class. A great mixture of cardio, boxing, step and pump. You'll never get bored in this class!
 <p>Improve muscle tone strength and power through light to moderate exercises whilst improving general wellbeing</p>	<p>Pump</p> <p>A perfect all over body workout. A great way to increase muscle strength and endurance while improving posture. You choose the intensity by choosing your weights</p>	<p>Pump n Sculpt</p> <p>A highly effective way of burning calories and reducing body fat. The class consists of weight bearing and power exercises, sure sculpt your body</p>	<p>Revolution</p> <p>An indoor cycling group fitness class catering to all fitness levels. Let inspirational instructors guide you through an all terrain ride</p>
Revolution Combo	Yoga	Yogalates	
A fun paced class combining the all terrain ride with a strength training workout.  Kick-start your weekend with a real calorie burner workout	Revitalise and nourish your mind, body and soul with a refreshing and relaxing “no to low” impact programme.	Improve your bodies alignment and breathing while increasing your efficiency of movement through core exercises	Jump in on the ZUMBA party and experience a programme that fuses Latin rhythms and easy to follow moves.

