






























**Group Fitness Timetable – Masterton**

TIMES	MON	TUES	WED	THUR	FRI	SAT	SUN
5:35am	 Tania		 Corrine	 Corrine			
8:10am						 Deborah	
8:45am						Aqua  Deep Dee	
9:30am	Aqua  Tarnz Deep	 Tania	Aqua  Tania Fit		 Tania		Aqua  Tania/Tarnz Fit
10:30am	 Tarnz	Aqua  Tarnz Senior		Aqua  Dee Senior			
5:30pm		 Deborah	Aqua  Tarnz Fit	 Tania			
5:35pm	 Tova	 Tania	 Tova	 Deborah			
6:00pm	Aqua  Sherry Deep						

**CLASS DESCRIPTIONS**

	<b>Aqua Fit:</b> A high cardio intensity workout to increase fitness levels combined with muscle sculpting exercises for definition and toning. <b>45 minutes</b>
	<b>Aqua Senior:</b> A low impact class with a wide variety of exercises. This is a refreshing class guaranteed to boost energy. <b>45 minutes</b>
	<b>Aqua Deep:</b> This workout burns fat and tones the butt and tummy. The entire class is taught in deep water with floatation aids. <b>45 minutes</b>
	<b>Rev:</b> The calorie killer! A high energy indoor cycling workout choreographed to motivating music. Rev will challenge and push you, improving and maintaining strength and power while increasing fitness levels. <b>50 minutes</b>
	<b>Pump:</b> A muscular endurance workout with weights to music. This class shapes and tones your body with barbells. Your instructor will motivate and inspire you through your resistance workout. A great class for those of all levels of strength and fitness who want to burn fat. <b>50-55 minutes</b>
	<b>Body Burn:</b> This class offers you both cardio and muscle endurance work in a 40 minute, low impact, high intensity aerobic class. An oldie but a goodie! <b>40 minutes</b>
	<b>Abs, Butts and Thighs:</b> The name speaks for itself. This is the complete body conditioning workout focusing on abs, butts and thighs incorporating stretches after working each muscle group. <b>45 minutes</b>
	<b>Cardio Combat:</b> Combat is a combination of kicking and boxing. Prepare yourself for an exhilarating workout. Great way to burn calories, also creating power and confidence. <b>50-55 minutes</b>