



# Group Exercise Class Timetable



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00 am						Commando Course	
9.00 am							Cardio Kickboxing
9.30 am	Cardio Kickboxing	Pedalmania	Power Bar	Super ABT	Power Bar		
5:30 pm		Cardio Kickboxing	Zumba® Fitness	Cardio Kickboxing	Super X-Training		
6:30 pm	Cardio Kickboxing	Pilates	Hatha Yoga	Vinyasa Yoga	Super Ballistic		

## Bookings Essential - All classes included in membership

**Cardio Kickboxing:** Cardio Kickboxing is a high energy aerobic workout utilizing focus pads, kick pads, heavy bags, and speed balls. This class increases muscle strength and cardiovascular fitness. Excellent for co-ordination, reflexes and to pump out the adrenalin! The class is 1 hour in duration.

**Super Ballistic:** It is a fun aerobic endurance class that utilizes medicine balls along with energetic music and increasingly challenging movements that will help you building up your stamina and muscle tone. This class is 1 hour duration.

**Super X-Training:** A cardiovascular and weights based class, providing loads of variety. This class is great for any fitness level and will help to improve both your cardiovascular fitness, assist with strengthening and tones the whole body. This class is 1 hour in duration.

**Super ABT:** A Cardio based class with special attention focusing on the abdominals, gluteus and thighs. Every class that is offered has its own unique style. With excellent results coming your way, you don't want to miss this very popular class! This class is 1 hour in duration.

**Power Bar:** A class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. After an initial warm-up, all the major muscle groups are worked via a series of weight-bearing exercises including squats, presses and lifts. The class finishes with a cool-down and stretch. Power Bar is proven to be "the world's fastest way to get in shape" by research which has confirmed higher than expected fat-burning effects alongside endurance, strength and 'wellness' benefits. There is a maximum of 10 participants per group and runs for 1 hour duration.

**Pedalmania:** The ultimate bike class. Motivating music, fun instructors to push you to your pedalling limits! This is a great way to lose those extra kilos. The duration of the class is 1 hour. There are a maximum of 12 participants per class.

**Zumba® Fitness:** Combines Latin music with easy-to-follow moves. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined, to tone and sculpt your body while burning fat. This class is 1 hour duration. Maximum of 12 participants.

**Pilates:** Strength training movements involving coordinated breathing techniques. Designed to condition and tone the whole body. It corrects muscle imbalances and improves posture. This class is 1 hour in duration, with a maximum of 12 participants.

**Hatha Yoga:** A general Yoga class suited to beginners and participants with an injury. The class work with a number of standing, seated, kneeling and lying poses; including balances and strength work. Class finishes with a short guided relaxation and breathing techniques. This class is 1 hour duration. Maximum of 12 participants.

**Vinyasa Yoga:** A stronger Yoga class suited to participants familiar with general Yoga poses. Working with the Sun Salute sequence this is a flowing practice that encourages the connection of breath with movement. Class finishes with a short guided relaxation and breathing techniques. This class is 1 hours duration, Maximum of 12 participants.

**Commando Course:** This is an outdoor activity going through the Spectrum Commando Course and it is a full on exercise program with plenty of variety. Boot Camps get RESULTS, and they get them FAST! The class is 1 hour duration. No limit on participants.