

*All Progress Takes Place*  
**OUTSIDE**  
*Your Comfort Zone!*

**GROUP FITNESS TIMETABLE FROM 26 APRIL TO 1 JULY**

Times	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am				Vinyasa <sup>55</sup>			
8:30am	OMNIA <sup>30</sup>	POWER CYCLE <sup>45</sup>	BODY BLASTER <sup>45</sup>	Core CENTRIC <sup>45</sup>	BODY BLASTER <sup>45</sup>	Box FITT <sup>45</sup>	BOOT CAMP <sup>45</sup>
5:00pm			Box FITT <sup>45</sup>				
5:30pm	Core CENTRIC <sup>45</sup>						
5:45pm		BODY BLASTER EXPRESS <sup>30</sup>					
6:30pm		Vinyasa <sup>55</sup>					
6:45pm				POWER CYCLE <sup>45</sup>			

Monday—Friday 8 am -8 pm, Saturday 8am -12 pm  
Gregory Ave, Newman P: 9177 8075

Crèche available (Bookings Essential )  
Monday - Sunday 8-11am

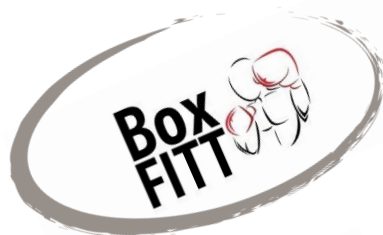


# Class Descriptions



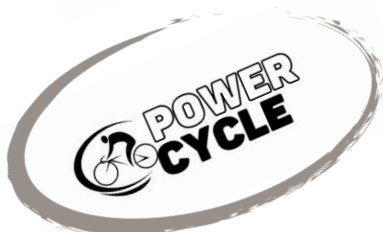
Vinyasa yoga is a movement linked with breath. Move through a series of yoga postures with a strong focus on breath, gaining stability, strength and flexibility in the body and to calm the mind.

---



Box Fitt is a great aerobic exercise, while it works all the muscles through the body. Box Fitt will help improve balance, strengthen upper body and core, and also increasing stamina in the heart and lungs.

---



An indoor cycling workout where you control your intensity. Burn up-to 500 + calories each session with great music as the instructor takes you on a journey or hill climbs and sprints.

---



This class is a circuit style class performed on the Omnia 8 rig, It is tailored to all participants needs and levels of fitness.

---



Body Blaster is a mixture of bootcamp and circuit style training. This class targets all over body and is known to challenge yourself and get that heart rate going. It can also be altered for all fitness levels.

---



Core Centric is a 45 minutes aerobic workout of *body-weight floor* exercise focusing on strengthening those legs, bums and tums. This class aims to tighten and tone those areas while improving your fitness levels.

---



Challenge your cardiovascular and muscular fitness with this Boot Camp class. This class incorporates calisthenics, free weights, plyometric and an assortment of equipment for a variety of exercises.