

# CLASS DESCRIPTIONS

CLASS	DURATION	FOCUS	INTENSITY	DESCRIPTION
BODYCOMBAT	30 minutes	Cardio & Resistance	Moderate to High	A high-energy martial arts inspired workout which works out the whole body and leaves you feeling empowered.
BODYPUMP	45 minutes	Strength & Sculpting	Moderate to High	A barbell workout for anyone looking to get lean, toned and fit – fast.
BOXING	45 minutes	Cardio & Resistance	Moderate to High	A high energy fitness class which will improve you technique, stamina, cardio, and strength.
CIRCUIT	45 minutes	Cardio & Resistance	Moderate to High	Circuit style training with a focus on total body strength and conditioning.
CORE+	30 minutes	Resistance & Core	Low	Low impact core and pelvic floor conditioning class for all levels.
CORPORATE FITNESS	60-90 minutes	Strength & Conditioning	Moderate	Custom classes designed for our corporate partners – General admittance not available.
GLUTES GALORE	45 minutes	Strength & Sculpting	Moderate	Small group class focusing on improving lower-body strength and sculpting your glutes, quads, thighs, and core – Working first on form and technique, before progressively increasing resistance levels.
GUNS GALORE	45 minutes	Strength & Sculpting	Moderate	Small group class focusing on improving upper-body strength and sculpting your back, shoulders, chest and arms – Working first on form and technique, before progressively increasing resistance levels.
HIIT CARDIO	30 minutes	Cardio & Resistance	High	Alternate between high intensity movements and short periods of lower intensity exercise, using just your own body weight to boost your cardio fitness.
HIIT POWER	30-45 minutes	Cardio & Resistance	High	Alternate between high intensity movements and short periods of lower intensity exercise, using your own body weight and additional weights to rapidly increase performance and cardio fitness.
RPM	30-45 minutes	Indoor Cycling	High	A journey of hill climbs, sprints and flat riding where you control the intensity – Fun low impact exercise.
SALT	60 minutes	Strength & Conditioning	Low	Senior Adults Living Triumphantly – The free wellness program for all residents over 50.
SHAPES	45 minutes	Strength & Sculpting	Moderate	Shapes is a fusion of pilates, barre and power yoga which builds strength, improves posture and sculpts core muscles.
SPRINT	30 minutes	Indoor Cycling	High	A high intensity, low impact cycling workout, scientifically proven to return rapid results.
SUPERSETS+	45-55 minutes	Strength & Conditioning	Moderate to High	Strength based training with a core workout at the end for a balanced and effective full-body workout.
YOGA	60 minutes	Mind & Body	Low	A widely practiced activity which cultivates general health and wellbeing, while also improving flexibility, mobility and coordination.
YIN YOGA	75 minutes	Mind & Body	Low	Yin yoga stretches and targets both the deep connective tissues between the muscles, and the fascia throughout the body for improved flexibility and relaxation.

## GROUP FITNESS TIMETABLE

School's Out Edition

01/07-07/07

### SHAPES PILOT CLASS

*New from Les Mills, Shapes is a fusion of pilates, barre and power yoga which builds strength, improves posture and sculpts core muscles. Supported by research, Shapes has shown to improve abdominal endurance by 35% and back endurance by 26%!*

### STRENGTH DEVELOPMENT

COMING SOON

More info. later this week



# GROUP FITNESS SCHEDULE

WANANGKURA STADIUM 24-7

**M** Colin Matheson Pavilion

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	<b>M</b> YOGA			<b>M</b> YOGA			
8:15am						<b>LES MILLS BODY PUMP</b>	
8:30am							
8:45am	CIRCUIT	<b>HIITCARDIO</b>	<b>SUPERSETS+</b>	<b>LES MILLS Shapes</b>	<b>SUPERSETS+</b>		
9:40am							<b>YOGA</b>
10:00am							
10:15am							
11:00am							
12:00pm							
2:30pm							
4:30pm	<b>HIITCARDIO</b>	<b>LES MILLS sprint</b>	<b>LES MILLS BODY PUMP</b>	<b>BOXING</b>	<b>LES MILLS Shapes</b>		
5:15pm							
5:30pm							
6:00pm							
6:15pm		<b>YOGA</b>		<b>YINYOGA</b>			
6:30pm							

CRÈCHE HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Session 1	8:30-9:55am	8:30-9:55am	8:30-9:55am	8:30-9:55am	8:30-9:55am	8:00-9:25am	8:00-9:25am
Session 2	10:00-11:25am	10:00-11:25am	10:00-11:25am	10:00-11:25am	10:00-11:25am	9:30-11:10am	9:30-11:10am
Session 3	4:15-6:15pm	4:15-6:15pm	4:15-6:15pm	4:15-6:15pm	4:15-6:15pm	-	-

All classes are at Wanangkura Stadium unless otherwise specified – For class updates, subscribe to text notifications at [fitns.me/text](https://fitns.me/text)