

Weekly Group Fitness Schedule **Commencing** Monday 1st June 2015

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00AM						 9am – 10am With Cheryl Lewington	
5.00pm		 BODYSTEP With Amie Jacklin					
5.30PM	 BOXERCISE With Raquel Potter		 BOXERCISE With Raquel Potter	 BODYPUMP EXPRESS (45 MIN) With Amie Jacklin			
6.00PM		NICE N EASY With Raquel Potter 6.00pm – 7.00pm					
6.15PM			 BODYSTEP EXPRESS (45 MIN) With Amie Jacklin				
6.30PM	 BODYPUMP With Amie Jacklin		 BODYPUMP With Amie Jacklin				
7.30PM	 HITBOX High Intensity BOXING FITNESS With Amie Jacklin		 With Cheryl Lewington				

 BODYPUMP™ is the original barbell class that strengthens your entire body. This 60 Minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Get the results you came for – and fast!	 BODYSTEP™ is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear. Your legs will love it..eventually. 1 Hour	 A Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Bring your Yoga Mat	 COMBO is an energizing experience that combines the best of both formats
SUPERVISED CRECHE TIMES Monday 5.30pm – 6.30pm Thursday 5.30pm – 7pm Saturday 9am-10am	 H IITBOX is High Intensity, DYNAMIC Boxing fitness. Using a series of Boxing punches and bag work, combined with dynamic interval progressions, you will get you FIT, FAST.	 FUNCTIONAL Accelerate your strength and fitness with this high intensity interval training class based around functional movements. You'll use a variety of equipment to tone, shape and crank your metabolism to develop real strength.	 BOXERCISE is partnered Pad Work combined with DYNAMIC fitness challenges. Using Boxing Pads, a series of combinations, movements and dynamic fitness challenges deliver a fun, partner based boxing for fitness session

