





# Weekly Group Fitness Schedule

8<sup>th</sup> February 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
	<b>9:15am</b>  <b>Express – 30mins</b> With Amie		<b>9:15am</b>  <b>45mins</b> With Amie		  <b>With Mel Singh</b> Hatha Yoga classes are on alternate weeks. Days and times will be advised by Mel on the JKM Dynamic Fitness and Outback Yoga (Cobar) facebook pages.  If you have any questions regarding Mel’s class please contact her directly.
	<b>9:45am</b>  <b>45mins</b> With Amie		<b>10am</b>  <b>Express - 30mins</b> With Amie		
<b>5:30pm</b>	<b>5pm</b>		<b>5pm</b>		
 <b>60mins</b> With Corinne	 <b>60mins</b> With Corinne		 <b>Express - 30mins</b> With Corinne		
<b>6:30pm</b>			<b>5:30pm</b>		
 <b>Express - 30mins</b> With Corinne			<b>TBW</b> <b>60mins</b> With Corinne		

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 <p>BODYPUMP™ is the original barbell class that strengthens your entire body. This 30 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!</p>	<p><i>TBW</i></p> <p>Total body workout is the perfect class for beginner through to advanced. Work at your own pace in a friendly environment using body weight, circuits and functional training. Low impact options are always available in this class.</p>	 <p>A Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred 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.</p>	 <p>This class is all about getting mums in shape! This class starts with postnatal exercises that aim to reengage the Pelvic Floor and stabilise the pelvis before enjoying circuitbased exercises where you can interact with your little one. Suitable for all mums who have had clearance from a health professional to restart exercise after childbirth.</p>	 <p>High intensity pad work using free standing bags or boxing using gloves and pads. Great workout and stress release, suitable for all fitness levels</p>	
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