

Summer Group Exercise Timetable

Effective from Monday 21 November 2011 (until further notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00 - 6.55 B.L.A.T.	6.00 - 6.55 Stump	6.00 - 6.45 Body Blast Express	6.00 - 6.55 Pump	6.00 - 6.55 Stump		
8.30 - 9.30 Life Fit Low			8.30 - 9.30 Life Fit Low		8.30 - 9.25 B.L.A.T.	
10.00 - 11.30 MS / Parkinsons Group		10.00 - 11.30 MS / Parkinsons Group		10.00 - 11.30 MS / Parkinsons Group	9.30 - 10.30 Stump	
12.05 - 1.00 Pump	12.05 - 12.50 Body Blast Express	12.05 - 1.00 Stump		12.05 - 1.00 Stump		
5.30 - 6.25 Step Mix	5.30 - 6.25 Step Mix	5.30 - 6.25 Pump	5.30 - 6.25 Pump	5.30 - 6.30 ZUMBA		5.00 - 5.55 Step Mix
6.30 - 7.30 ZUMBA	6.30 - 7.30 Bums Tums Thighs		6.30 - 7.30 Step Basic			6.00 - 7.00 Pump

PLEASE NOTE:

- no towel – no workout
- weight machines are unavailable for use during circuit classes
- boxing bags must not be used during any classes or bookings
- 7 days notice will be given for any timetable changes
- boxes outlined in red indicate classes suitable for Life Fit participants
- no bags in exercise room during classes, please use lockers provided
- Off Peak members can attend ANY classes over the summer timetable

Summer REV Timetable

Effective from Monday 21 November 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00 - 6.45 REV	6.00 - 6.45 REV	6.00 - 6.45 REV	6.00 - 6.45 REV	5.55 - 6.55 REV MAX	8.30 - 9.15 REV	
	12.05 - 12.50 REV		12.05 - 12.50 REV			
5.45 - 6.45 REV MAX	5.45 - 6.30 REV	5.45 - 6.45 REV MAX				



Group Exercise Class Descriptions

CONDITIONING

BUMS, TUMS and THIGHS

You asked for it – a whole class of resistance and toning work for abs, butt and legs using a variety of techniques to leave your muscles quivering!

PUMP

Muscle conditioning class using barbells. A total body workout targeting all major muscle groups. Suitable for any fitness or strength level as weights used can be adjusted.

STUMP

A combination of Step and Pump classes. Stepping is all basic or athletic. The Pump component may use barbells, or other forms of resistance such as body weight. Ideal class for new or 'non-steppers'.

CARDIO

LIFE FIT LOW

Basic low impact class with an emphasis on lifestyle, fitness, fun and opportunities to socialise while you exercise. Options throughout the class will allow participants to work at their own pace. Ideal for easy exercisers or seniors.

BLAT

Butt, LOW, Abs and Tone. A mixture of muscle conditioning and resistance work, targeting the butt, abs, arms and legs. A great fat burner and muscle toner in one session. This is a basic, low impact 'huff and puff' workout suitable for all fitness levels including beginners as all moves are uncomplicated.

CIRCUIT

A total body workout combining aerobic exercise with the use of weight machines. Designed to be a high intensity class but you can take it easy by keeping the moves low impact and the weights light.

BODY BLAST EXPRESS

Improve your all-over strength and cardio fitness. Alternating bursts of no frills cardio and muscle conditioning using machine and body weight exercises. Great for toning, stamina, sports conditioning and calorie burning. No fancy footwork 45 mins. Get results – fast!

BOXING BLITZ

A combination of traditional non-contact boxing punches, kicks and footwork with shadow boxing techniques. Moves are uncomplicated but this can be a very physically demanding workout.

ZUMBA FITNESS

Music is the key ingredient to Zumba classes. The easy-to-follow routines feature steady rhythms and resistance training combined to tone and sculpt the body while burning fat. The specific beats and tempo changes, transition the workout from one toning, strengthening or cardio move to another, thus targeting every major muscle group in your body.

STEP PROGRAMMES

STEP BASIC

Basic stepping patterns, long progressions and a lot of repetition, ideal for new steppers and those who enjoy basic stepping without complexity. Provides a good cardiovascular workout. Take it easy or work hard.

STEP MIX

Step mix classes are a mixture of moves, moving from basic to more complex combinations – something for everyone.

STEP CHALLENGE

A challenging class for mind and body for experienced steppers only. Participants are expected to know the basic moves - only new moves, variations and combinations of moves will be taught during the class. Classes held every second Sunday - please call Rec Centre if unsure.

STUMP

A combination of Step and Pump classes. Stepping is all basic or athletic and the Pump component may use barbells, or other forms of resistance such as body weight. Ideal class for new or 'non-steppers'.

REV Class Descriptions

REV

Revolution indoor cycling classes will help tone your muscles and increase your cardiovascular endurance, while minimising stress to bones and joints.

REV MAX

A one hour rev class for those looking for that extra "challenge".

Please note REV classes are now included in all TB4J, Gold and Platinum memberships.

A REV upgrade is available for all other memberships

6 – 12 month REV upgrade \$ 60

0 – 6 month REV upgrade \$ 45

Non-members can purchase a REV concession card or pay per visit

Opening Hours and Contact

MONDAY TO FRIDAY

5.30am – 10.00pm

WEEKENDS

Saturday 8.00am – 6.00pm

Sunday 8.00am – 9.00pm

REDUCED GYM HOURS

Public Holidays*

8.00am – 12noon &

4.00pm – 8.00pm

Anzac Day

1.00pm – 8.00pm

* there are no group exercise or activity classes on public holidays

CLOSED ON

Good Friday, Easter Sunday,

Christmas Day, Boxing Day,

New Years Day and January 2nd

Ph 07 838 4177 www.reccentre.co.nz

