

Group Exercise class timetable

effective from Monday 1 March

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|-------------------------|--------------------------|-------------------------------|
| 6.05 - 7.00 B.L.A.T. | 6.05 - 7.00 Stump | 6.05 - 6.50 BODY Blast Express | 6.05 - 7.00 Pump | 6.05 - 7.00 Step Mix | | |
| | | | | | 8.15 - 9.10 Circuit | 8.15 - 9.30 X Fit |
| 8.30 - 9.30 Life Fit Low | | | 8.30 - 9.30 Life Fit Low | | 9.15 - 10.10 B.L.A.T. | |
| 10.30 - 11.30 PRIVATE BOOKING | | 10.30 - 11.30 PRIVATE BOOKING | | | 10.15 - 11.15 Stump | |
| 12.05 - 1.00 Pump | 12.05 - 12.50 BODY Blast Express | 12.05 - 1.00 Stump | 12.05 - 12.50 BODY Blast Express | 12.05 - 1.00 Stump | | |
| | 4.30 - 5.25 Pump | | | | | 4.00 - 4.55 Sunday Special |
| 5.30 - 6.25 Step Mix | 5.30 - 6.25 Step Mix | 5.30 - 6.25 Pump | 5.30 - 6.25 Stump | | | 5.00 - 5.55 Step Mix |
| 6.30 - 7.30 Boxing Blitz | * 6.30 - 7.25 Bums, Tums, Thighs | 6.30 - 7.30 B.L.A.T. | 6.30 - 7.25 Step Basic | | | 6.00 - 7.00 Pump |
| | 7.30 - 8.30 Step Basic | | * 7.30 - 8.30 Bums, Tums, Thighs | | | |

please note

- no towel - no workout
- weight machines & boxing bags are unavailable for use during circuit classes
- * please ensure you get a stamp from reception to gain entry to this class

- 7 days notice will be given for any timetable changes
- Off-peak members can attend 6:30 pm classes
- boxes outlined in red indicate classes suitable for life fit participants

- no bags in exercise room during classes, please use lockers
- Sunday Special 1st, 3rd & 5th Sunday of month = Step Challenge
2nd & 4th Sunday's are as advertised
- boxing bags must not be used during any classes or bookings



rec centre
'energy for life'

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!

UNI 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 weight machine and body weight exercises. Great for toning, stamina, sports conditioning and calorie burning. No fancy footwork. 45 minutes. 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.

X FIT

A 'back to basics' cross training session ideal for general fitness, fat loss and endurance training. Participants can expect loads of variety with the use of cardio equipment, weight machines, dumbbells, barbells as well as skipping ropes, swiss balls and fit strips. Different formats each week with outdoor work over the summer. People can very much work at their own pace. Bring a friend or family member as it is quite a social class! Early start so you can get 75 minutes of workout time and still have your most of Sunday to yourself.

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. 1st, 3rd and 5th Sunday's of month.

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 timetable

effective from Monday 1 March

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------|----------------------|------------------------|----------------------|------------------------|---------------------|------------------------|
| 6.05 - 6.50 REV | 6.05 - 6.50 REV | 6.05 - 6.50 REV | 6.05 - 6.50 REV | 6.05 - 7.05 REV MAX | 9.15 - 10.00 REV | |
| 12.05 - 12.50 REV | 12.05 - 12.50 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 | 5.45 - 6.30 REV | | | 5.00 - 6.00 REV MAX |

REV class description

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 and standard memberships (except 1 month)

A REV upgrade is available for all other memberships

6 - 12 month REV upgrade \$ 50

0 - 6 month REV upgrade \$ 35

or pay casual

