



Summer Time Table:

Yours in group fitness,
individual & personal training.

Free Class with Concession Cards

Casual rates:
\$15.00 per class
No joining or annual fees

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	BODYPUMP	OPEN		OPEN			
8:00 AM	OPEN	OPEN	OPEN	OPEN		BODYCOMBAT	
9:10 AM	BODYCOMBAT	BODYPUMP	BODYBALANCE	BODYPUMP	CIRCUIT	BODYPUMP	BODYPUMP CXWORX
10:15 AM	BODYBALANCE				PILATES	BODYBALANCE	
1:45 PM	TWINKLE TOES						
2:15 PM	TWINKLE TOES	TWINKLE TOES					
2:45 PM		TUMBLE TOES					
4:45 PM	STARTER CIRCUIT- GIRLS			STARTER CIRCUIT- BOYS			
6:00 PM	CIRCUIT	PILATES		BODYPUMP CXWORX			
7:00 PM				SH'BAM			

CLASS DESCRIPTIONS

CIRCUIT

Circuit training is the fastest way to achieve maximum results from your workout. Classes are led by qualified and highly motivated trainers who manage each program. Circuit combines strength and cardio training to give you a total body workout.



BODY PUMP

The fastest way to tone and condition muscles. This is the ultimate barbell class that guarantees results-you choose the intensity in choosing your weights. One class equals 3 to 4 weight training sessions and calories are still burning 3 hours after your workout! As verified by Auckland University, Body Pump provides the fastest body fat loss of any fitness class. Led by Les Mills Master Trainer, Emma Barry & friends, Saturday's at 9:10am.



BODY BALANCE

A unique blend of Yoga, Pilates and Tai Chi exercises to build flexibility and develop core muscle strength. Controlled breathing, concentration and a carefully structured series of stretches and postural moves to music create a workout that brings the body into a state of harmony. It's the best programme to provide recovery to your body. Led by Les Mills master trainer, Emma Barry, every Saturday at 10.15am.

YOGA

When we practice yoga, we aim for complete awareness. That process alone teaches us many things about who we are and what it is that moves us towards balance. Within an atmosphere of play and discovery we will learn physical postures that will help balance the body, breath practices that even out the body and meditation practices that train and discipline the mind.

PILATES

This mat class focuses on integrating the mind and body by using deliberate breathing patterns and controlled exercises to increase muscle awareness, control and balance.

PILATES INTRO

A block course of 4, 1 hour sessions focusing on basic principles, postures and breathing methods to build understanding and confidence with the Pilates programme. Bookings are essential as numbers are restricted.

PERSONAL TRAINING

Our highly qualified Personal trainers offer tailor - made programmes for anything from sport-specific training and rehabilitation work to total body conditioning, nutrition and weight- loss.

TWINKLE TOES

A half-hour class incorporating simple and fun dance moves focusing on Ballet and improvisation for 3 and 4 year olds. Bookings essential.

OPEN SESSIONS

Our premier equipment is now available for anyone wishing to train independently. Personal Trainer on site for programme advice and assistance.

The Circuit Room is a fully equipped fitness studio, set up to support our community in meeting their individual fitness goals.

We strive to provide a safe motivational atmosphere delivered with a sense of friendliness and individual pride. Through the strength of our heart-felt identity, we aim to inspire every person that steps through our door to better themselves.

**MAKE AN EFFORT,
NOT AN EXCUSE**

