



































































# GROUP FITNESS TIMETABLE

## Effective: 2nd OCTOBER

TIME	MON	TUES	WED	THURS	FRI	TIME	SAT	SUN
6:10am	 45 PAUL	 45 TRUDY	 45 ADAM	 45 LUKE	 45 TRUDY	8:15am	 60 RACHEL	
	 45 RACHEL		 45 RACHEL	 45 RACHEL	 45 RACHEL		 45 ANNA-MARIA	
7:00am		 60 LOENE	 30 RACH		 30 RACH	9:00am	 45 ADAM	
8:00am	 60 JO		 60 JO		 60 JO		 60 ANNA-MARIA	
9:00am		 60 JEN		 60 GAYE		10:00am	 30 ADAM	
12:00pm	 30 NICOLE	 60 NICOLE	 30 NICOLE	 60 NICOLE	 45 LUKE	10:30am	 60 ARWEN	 60 TRUDY
				 45 AON			 60 EJ	
12:30pm	 45 LUKE		 30 NICOLE		 60 ARWEN	11:30am		 60 TRUDY
	 60 NICOLE					4:00pm	 90 LOENE	
1:00pm			 45 NICOLE			4:30pm		 60 NICOLE
4:30pm	 60 NICOLE		 45 LUKE	 60 ARWEN	 60 ADAM	<p>We recommend speaking to a trainer before participating in the following classes due to the high intensity nature and complex movement patterns involved.</p>  		
		 45 LUKE	 60 LOENE	 60 ADAM				
5:30pm	 60 NICOLE	 30 TRUDY	 60 ANNA-MARIA	 60 TRUDY	 30 ADAM			
	 45 ARWEN / LARRY	 45 LAURA	 45 ARWEN	 45 LAURA	 45 NADINE			
6:00pm		 45 TRUDY			 30 ADAM			
6:30pm	 30 RACHEL		 60 ANNA-MARIA	 45 PAUL	 60 ARLETTE			
7:00pm	 45 PAUL	 60 NICOLE						

\*Please note that the figure in the right hand corner of the class box indicates length of class in minutes.

\*Please note the Group Fitness Timetable may be subject to change due to public holidays.



### BODY ATTACK

This high energy interval training class combines athletic sports inspired movements with strength and stabilisation exercises. Dynamic instructors and powerful music will motivate everyone towards their fitness goals.

### BODY BALANCE

Combines yoga, pilates and tai chi to build flexibility and core strength through a series of stretches, moves and poses. Through controlled breathing and concentration, you'll finish feeling centred, calm and balanced.

### BOXING

A boxing/circuit style class that combines traditional boxing combinations with MMA style conditioning exercises. Classes can also include battleropes, kettlebells, bodyweight work and running. An overall conditioning class with a boxing focus. **For hygiene purposes all participants must wear cotton gloves during the class. Inners are available from reception for a minimal fee.**

### CX-WORK

This program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and "slings"-connecting the upper and lower body. This workout will leave you looking good and feeling strong.

### HIT

High intensity interval training. Guaranteed to make you work hard. Strength and conditioning based, these classes vary, but included battle ropes, kettlebells, dynamic bodyweight movements, weight and cardio training.

### PILATES

Pilates will help build strength, endurance and flexibility while improving your balance and core. Perfect for all fitness levels.

### PUMP

This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results fast!

### RPM

RPM is an indoor cycling class, set to the rhythm of motivating music. It burns calories and gets you fit.

Based on the sport of cycle racing, RPM uses a series of simulated climbs and sprints to create a workout where you control the intensity - it's literally easier to riding a bike!

### SPIN

Improve your aerobic and anaerobic fitness in this energetic cycle class. Take on the hills, flats, mountain peaks, speed work and interval training to reach that endorphin high!

### TABATA

Tabata is a circuit style class that combines isolation strength exercises with metabolic conditioning. Work through lower body, upper body, core and foundation movements that will sculpt, blast fat and build lean muscle.

### UFO CLASS

Start low, go slow! A resistance based exercise program for people over 50.

### YOGA

Combines the traditional principles of Yoga with slow movements and stretching. Yoga is great for increasing flexibility and balance, relieving stress and promoting relaxation.

### ZUMBA

Ditch the workout... join the party! The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away!

# GROUP FITNESS TIMETABLE

## Effective from 2nd OCTOBER 2017

### Hobart Centre Opening Hours:

Monday – Friday	. 6:00am - 9:15pm
Saturday	. 8:00am - 6:00pm
Sunday	. 10:00am - 6:00pm
Public Holidays	. 8:00am - 6:00pm

PLEASE SHOW YOUR SUPPORT FOR YOUR FAVOURITE CLASSES BY ATTENDING REGULARLY AS THOSE THAT CONSISTENTLY HAVE LOW PARTICIPATION (<10 PEOPLE) WILL BE RE-CONSIDERED FOR INCLUSION IN FUTURE TIMETABLES.

