

The Juniors Fitness Centre Class Timetable – March 2010

	6.30am	8am		9am	9am	10am	11am	12pm	4pm	5pm		6pm		7pm	8pm	
M O N	6.10am Dynamo W'Out David	Aqua Aerobics Belinda			Shape Belinda	Beginner Pilates Nicole	Gentle Exercise Nicole	YOGA Veroniki	Shape Marie	Athletic Step N Abs Marie		Fitness Spiro	Aqua Marie	6:30pm Yoga Catherine	Pilates Spiro	Cross T Tolini
T U E	6.10am Dynamo W'Out David	Pilates Kate Veronica	Aqua Belinda Marie Spiro	Aqua Belinda Marie Spiro	Pilates Kate/ Veronica	TBT Nicole		YOGA Veroniki	Fighting Fit Tate	Step Marie		Shape Marie		YOGA Kylie	Ladies Intra Belinda	
W E D	Fighting fit Dave				Pilates Nicole	Cross Trainer Kate	Strength 4 Seniors Kate	YOGA Veroniki	Fat Burner Marie	Shape Marie	Aqua Spiro	Fitness Paul	Aqua Belinda	Cross Trainer Belinda	Beginner Pilates Spiro	
T H U		YOGA Veroniki		Aqua Aerobics Belinda	Gentle Exercise Spiro	TBT Belinda	Pilates Lynne		TBT Marie	Fighting Fit Paul		Cross Trainer Marie		Pilates Spiro	Fat Burner Tolini	
F R I	Box 'n' Tone Paul	Aqua Lynne		Aqua Belinda Marie	Adv Pilates Lynne	Fat Burner Belinda/ Marie	Strength 4 Seniors Dale	YOGA Marlo		Cross Trainer Belinda/Spiro		Fighting Fit Tate		YOGA Kerstin ½ hour		
S A T		Fighting Fit Spiro/John/Paul		YOGA Games room Alison	9.15am Pilates Lucia	10.15am Pilates Lucia	11:30am Fit to Dance Jessica		3:30pm Beginner Pilates Spiro			GYMNASIUM CLOSSES At 6:00pm SATURDAY				
S U N		Circuit Seddon/Nathan			Fighting Fit Nathan/ Seddon				YOGA Kylie			GYMNASIUM CLOSSES At 6:00pm SUNDAY				



Class Descriptions

Fighting Fit - A challenging cardio workout which provides great upper body toning, using boxing gloves and pads. Suitable for intermediate to advanced fitness levels.

Cross Training - A class offering a variety of Hi/Lo aerobics, step & muscle toning. Basic movements. Suitable for intermediate to advanced fitness levels.

TBT - Tum/Bum/Thigh - Tone these areas using controlled and selective movements. Minimum co-ordination required. Suitable for all fitness levels.

Step - For step lovers who enjoy more complex movements. Tones lower body. Suitable for intermediate to advanced fitness levels

Shape - Group resistance training using body bars, dumbbells & steps. Change your body shape while increasing strength & muscle endurance. All levels of fitness.

Fat Burner - Using basic aerobic & toning exercise designed to keep you working in the correct fat burning zone. Suitable for all fitness levels.

Box 'n' Tone - A combination of Fighting Fit & weights - the ultimate fat burning & toning workout. Suitable for low to advanced fitness levels.

Pilates - A unique mat class consisting of stretching & strengthening which greatly improves posture, flexibility & balance.

- Beginners – 1st Timers (class max 25)
- Pilates – Completed min. 6 beginner classes.
- Advanced – Completed min. 20 classes.

Fitness - No frills workout with weights, body bars, dumbbells & steps. Suitable for low to advanced fitness levels.

Aqua - A fun workout combining muscle toning with cardio vascular conditioning without the stress on joints. Suitable for beginners to intermediate fitness level

Circuit – Toning and Fat Burning workout, lots of fun and variety

Last Updated: 16/02/10