

The Juniors Fitness Centre Class Timetable – 2012 Commencing 23rd January

	6.30am	8am		9am	9am	10am	11am	12pm	4pm	5pm		6pm			7pm	8pm
M O N	6.00am Dynamo W'Out Glen	Aqua Aerobics Lana 8:10am			Shape Lana	Beginner Pilates Nicole	Power for Seniors Exercise Nicole	YOGA Veroniki	Shape Marie	Athletic Step N Abs Marie	Grapple Fit Class David Starts 30/1	Fitness Spiro	Aqua Marie	6:30pm Yoga Skye	Pilates Spiro	Cross T Tolini
T U E	6.00am Dynamo W'Out Glen	Pilates Lynne Veronica Alison	Aqua Lana Marie Spiro	Aqua Lana Marie Spiro	Pilates Lynne/ Veronica Alison	TBT Nicole		YOGA Marlo	Fighting Fit Tate	Step Marie		Shape Marie		YOGA Kylie	Ladies Intra Lana	
W E D	Fighting fit Glen	Dynamic Vinyasa Yoga Sheraz			Pilates Nicole	Cross Trainer Lou	Strength 4 Seniors Dale	YOGA Veroniki	Fat Burner Marie	Shape Marie	Grapple Fit Class David	Fitness Paul	Aqua Tolini	Cross Trainer Tolini	Beginner Pilates Spiro	
T H U		YOGA Veroniki		Aqua Aerobics Lana	Gentle Exercise Spiro	TBT Lana	Pilates Lynne		TBT Marie	Fighting Fit Paul		Cross Trainer Marie		Pilates Spiro	Fat Burner Tolini	
F R I	Box 'n' Tone Paul	Aqua Lynne 8:10am		Aqua Spiro Marie	Pilates Lynne	Fat Burner Spiro/ Marie	Strength 4 Seniors Dale	YOGA Skye				Fighting Fit Tate		YOGA Marlo 1½ hour		
S A T		Fighting Fit Spiro/John/Paul		YOGA Games room Alison	9.15am Pilates Lucia	10.15am Pilates Lucia			3:30pm Beginner Pilates Spiro			GYMNASIUM CLOSSES At 6:00pm SATURDAY				
S U N		Circuit Seddon/David			Fighting Fit David/ Seddon				YOGA Eleasa			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:23/1/2012