

The Juniors Fitness Centre Class Timetable

AUGUST/SEPTEMBER 2019

	6am	8am	8:10am	9am	9am	10am	11am	12pm	4pm	5pm	6pm		7pm	8pm
M O N	6 & 630 Rush Hour (30m) David	Vinyasa YOGA Sheraz	Aqua Marie/ Spiro	Shape Lana	MUST BOOK Beginner Pilates Nicole	11:30 Power for Seniors Exercise Nicole	YOGA Perri	Shape Marie		Shape Marie	Fitness Tolini	6:10 Aqua Marie	YOGA Michelle	Pilates Tolini
T U E	Dynamo W'Out Jodie			Aqua Marie	Pilates Alison	TBT Jodie		YOGA Sheraz		Fighting Fit Danya	Cross Trainer Marie		YOGA Suzanne	
W E D	Fighting fit David	Dynamic Vinyasa Yoga Sheraz	Aqua Spiro		Beginner Pilates TBA	Cross Trainer Lou	Strength 4 Seniors Lou	YOGA Perri		Fat Burner Marie	Fitness Danya	Aqua Tolini	Beginner Pilates Steve	
T H U	6 & 630 Rush Hour (30m) Michael			Aqua Lana	Gentle Exercise Jodie	TBT Lana	Pilates Bella	YOGA Suzanne		TBT Marie	Cross Trainer Marie		Pilates Steve	Body Sculpt Tolini
F R I	Box n Tone Michael	YOGA Georgie	Aqua Lynne		Pilates Lynne	Fat Burner Lou/ Marie	Strength 4 Seniors Lou/ Marie	YOGA Suzanne		MMA X FIT Tate	Fighting Fit Tate		7:10 YOGA Catherine	
S A T		Fighting Fit Lana/Paul Jodie/Danya			9:15 Pilates Alison	10:15 YOGA Alison			3:30 Beginner Pilates Marie/Spiro		GYMNASIUM CLOSSES AT 7:00PM SATURDAY			LAST UPDATED 12/08/19
S U N		Dynamo Workout Henry							YOGA Michelle/ Caroline		GYMNASIUM CLOSSES AT 6:00PM SUNDAY			



Class Descriptions

Fighting Fit – A cardio workout with upper body toning, using boxing gloves/pads. Suitable for intermediate to advanced fitness levels.

Cross Training – A variety of basic Hi/Lo aerobics, step & muscle toning. Basic movements. Suitable 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.

Rush Hour (30m) – A high intensity workout for those who have limited time.

Shape – Resistance training using body bars, dumbbells & steps. Change body shape increase strength & muscle endurance. All levels of fitness.

Fat Burner – Basic aerobic & toning exercise working in the correct fat burning zone. Suitable for all fitness levels.

Pilates – A unique class with stretching & strengthening to improve posture, flexibility & balance.

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

Aqua – A fun muscle toning, cardio conditioning water workout with no stress on joints. Suitable for beginners to intermediate.

Dynamo Workout – Ultimate cardio and strength workout. A no frills sweatathon using weights and body weight exercises.

Gentle Exercise – Light exercise for the seniors

Power For Seniors – For seniors who like a little more of a challenge.

Yoga – Hatha and Vinyasa styles.

MMAFIT – A non combative, high intensity experience designed on techniques found in MMA. Suitable for males & females at all fitness levels.

Body Sculpt – A non-impact class using free weights, with both isolation and compound exercises plus core activation to sculpt, strengthen and condition the entire body.

NOTE: THE ABOVE CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION AT ANY TIME WITH 2 WEEKS NOTICE