

The Juniors Fitness Centre Class Timetable JANUARY/FEBRUARY 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	Shape Lana	MUST BOOK Beginner Pilates Nicole	Beginner Pilates Nicole	11:30 Power for Seniors Exercise Nicole	YOGA Perri	Shape Marie	Athletic Step N Abs 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	Shape Marie		YOGA Suzanne	
W E D	Fighting fit David	Dynamic Vinyasa Yoga Sheraz	Aqua Spiro		Beginner Pilates Arafat	Cross Trainer Lou	Strength 4 Seniors Lou	YOGA Perri	Fat Burner Marie	Shape Marie	Fitness Danya	Aqua Tolini	X Train Tolini	Beginner Pilates Bela/ Steve
T H U	6 & 630 Rush Hour (30m) Michael	YOGA Cath		Aqua Lana	Gentle Exercise Jodie	TBT Lana	Pilates Bella	YOGA Suzanne	4:30 Foam Roller (30m) Marie	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/Danya	Fighting Fit Tate/Danya		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 22/01/19
S U N		Dynamo Workout Henry							YOGA Michelle/ Despina		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.

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

Shape – Group resistance training using body bars, dumbbells & steps. Changes 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.

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

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

Dynamo Workout – Ultimate cardio and strength workout. A challenging no frills sweatathon using weights, tyres, ropes, suspension trainer and body weight exercises.

Gentle Exercise – Light exercise for the seniors

Combat Fitness – Combination of boxing & MMA without body contact.

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

Yoga – Hatha and Vinyasa styles.

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

Foam Roller – Helps release fascia trigger points, reduce muscle tension and reduce muscle soreness.

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