













Commences 9 January 2012

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN	PUBLIC HOLIDAY
6:00	ABT	PILATES	X-TRAIN			OPEN 8:00 am	OPEN 9:00 am	OPEN 9:00 am
8:30			ABT					
9:30		FITBALL ABT			X-TRAIN	YOGA	9:00am YOGA	TBA
10:30	PILATES		PILATES	NICE & EASY				
							CLOSE 1:00PM	CLOSE 12:00PM
5.15	INTRO PILATES (1 st Mon of every month)					CLOSE 5:00pm		
5:30	PILATES	ATTACK	FITBALL ABT	CARDIO BOX				
6:30		YOGA	ATTACK		CLOSE 7:00PM			
7:30				PILATES				
TRADING HOURS	6:00 – 9:00	6:00 – 9:00	6:00 – 9:00	6:00 – 9:00	6:00 – 8:00	8:00 – 5:00	9:00 – 1:00	9:00 – 12:00
CHILD MINDING	9:00 – 12:00 4:30 – 7:30	9:00 – 12:00 4:30 – 7:30	8.30 – 12:00 4:30 – 7:30	9:00 – 12:00 4:30 – 7:30	9:00 – 12:00	8:30 – 12:00	NO CHILD MINDING	NO CHILD MINDING

ALL CLASSES ARE ONE HOUR UNLESS OTHERWISE STATED

- PILATES** This is a non-impact class with mind and body conditioning. Relieves back pain and stress, improves flexibility, corrects posture and helps prevent osteoporosis. Suitable for all ages and fitness levels.
- ATTACK** This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. No matter what your fitness level, you'll get fit, stay fit and get fitter!
- PUMP** Non-impact, easy to follow class designed to give your body a complete workout using barbells and weights to music. Great for fat burning and toning. Suitable for beginners to advanced.
- CARDIO BOX** A high energy class, fantastic for building confidence and fitness. Boxing gloves are provided, however you must wear inserts, which may be purchased from reception for \$3.00.
- YOGA** A body and mind experience where you will learn traditional yoga techniques that will help improve your flexibility.
- ABT** Abs, Butts and Thighs! A varied class with the main focus on working those specific areas.
- X TRAIN** A cardio and toning workout with 2-3 different class types rolled into one. Great fun and lots of variety.
- FITBALL** Have a ball! Great class for developing stability and strength of the core muscles, perfect to compliment your cardio workouts.
- ZUMBA** Take salsa, cha cha, samba, tango, merengue, add hints of flamenco, calypso, hip-hop and belly dancing, put in a workout routine and you have Zumba!
- NICE & EASY** A low intensity, fun class for those returning to exercise, more mature members or those who enjoy a more gentle class

STUDIO ALSO AVAILABLE FOR PRIVATE HIRE OUTSIDE OF CLASS HOURS