































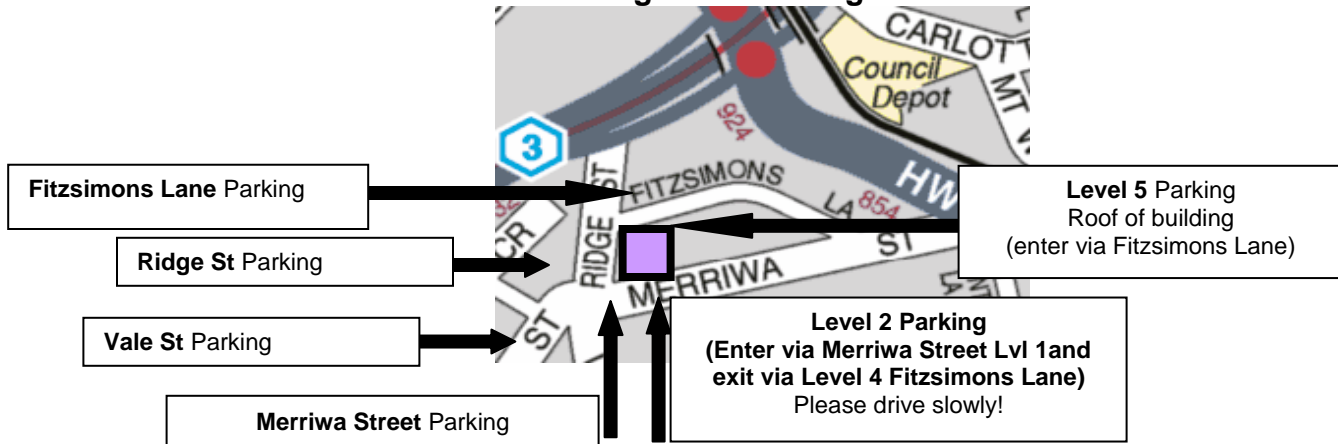


Group Fitness Studio	Time	Mon	Tues	Wed	Thurs	Fri	Time	Sat	Sun	
	6.00	Strength Cardio Mix					Pilates	*Please note different starting class times on weekends		
	8.00						7.00			
	8.25				Pilates	Ballet Fitness				
	9.00	TABATA (30 mins)		TABATA (30 mins)			8.10			
	9.30	Pilates			Low Impact Moves		9.15			
	10.35	Pilates					10.20	Pilates		
	12.00	ABT		Pilates	Yoga		11.25	Pilates		
	1.00		Ballet Fitness			12.30pm TABATA (30 mins)	12.30			
	2.00			Forever Young 30 mins						
	4.00			Yoga (1 ¼ hr)			3.30		Power Yoga	
	5.30		Pilates			ABT	*Timetable subject to change at short notice due Be early!! For safety reasons you are unable to join a class after 5 minutes of commencement.			
6.30	Yoga									
		6.30pm TABATA (30 mins)								
7.30			Pilates							

Cycle Studio	Time	Mon	Tues	Wed	Thurs	Fri	Time	Sat	Sun	
				6.00am Cycle 45			5:45am Cycle 45	*Cycle room door opens 30 mins before class to reserve your bike		
	7:00		Cycle Express							
	9.45	Cycle45	9:00am Cycle Express		9.30am Super Cycle		8.00	Cycle 45	9.30am Cycle Express	
	12.30 pm			Cycle Express			'Like & Follow' us on Facebook for class updates Search: Body Shape Gordon			
5.45 pm	Cycle45									

F.I.I.T	Time	Mon	Tues	Wed	Thurs	Fri	F.I.I.T Details		
	Early AM		6.30-7.15am Raieka		6.30-7.15am Simone	8.00 – 8.45am Raieka	<ul style="list-style-type: none"> Fast.Intense.Interval.Training \$20 each 45 minute session Groups of up to 5 ladies Book in at Reception Your first one is FREE!* *Members Only 		
	AM	10.30-11.15am Raieka	8.30-9.15am Simone						
	PM	6.30 – 7.15pm Raieka		6.30 – 7.15pm Raieka					

Designated Parking Areas



Management requests that you respect the other tenants in the building and park only in the designated areas.

Class Descriptions



= Easier class suitable for beginners



= Moderate intensity



= Tougher workout

ABT	Focusing purely on strengthening your abs butts and thighs. A combination of strength enhancing exercises that will target problem areas.	
BODYATTACK	Sports inspired cardio workout for building stamina. This high energy interval training class combines athletic aerobic movements with strength exercises.	
BODYBALANCE	Structured series of stretches and poses to music creating a holistic workout that brings the body into a state of harmony and balance. It is a fusion of Tai Chi, Yoga and Pilates.	
BODYCOMBAT	An empowering cardio workout inspired by Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. A fiercely energetic total body program	
BODYPUMP	The original barbell class that will sculpt tone and strengthen your entire body fast. Focusing on low weight loads high repetitions producing lean body muscle conditioning.	
BODYSTEP	Is an aerobic style workout which utilises an adjustable platform and simple moves that will push your heart rates into high gear.	
ZUMBA	The Zumba® program fuses Latin rhythms and International music to create a fun, dance based workout.	
TABATA (30 mins)	Using our gym floor cardio, boxing and/or resistance equipment a 30 minute class of simple but intense exercises to work up a sweat and burn calories. You will warm up, perform short intense bursts of exercise followed by rest periods & end with a cool down/stretch,	
CYCLE EXPRESS (30 mins) CYCLE 45 (45 mins)	A great workout for your heart and lungs, which burns loads of calories. No coordination required for this incredible stationary cycle workout. Great workout for those in a hurry!	
SUPER CYCLE (60 mins)	A 60 minute high performance cycle class. Let your instructor provide you with ever changing scenery and challenges as you pedal to the beat of inspirational music.	
STRENGTH & CARDIO MIX	Total body workout with a mix of strength work (using bodyweight, barbells and free weights) and cardiovascular exercise. Suitable for all fitness levels	
LOW IMPACT MOVES	Gets you in shape with a low-impact, group fitness aerobic and resistance workout. Using your body weight, bands & optional hand-weights, you choose the intensity to energise you.	
BALLET FITNESS	A gentle, low intensity exercise class set to music. A combination of Ballet steps and Low Impact Exercise designed to increase your strength, flexibility, mobility and balance.	
FOREVER YOUNG (30 mins)	Stay active, and forever young! A very gentle class focusing on improving strength, flexibility and posture. Minimal floor work. Aims to make your everyday activities easier.	
PILATES	Gentle stretching and strengthening exercises targeting back and abdominal core stability. The class may incorporate the use of equipment. Not suitable for people with special needs.	
YOGA	A body and mind experience where you will learn traditional Hatha yoga techniques that will help improve your flexibility. Great for stress relief.	
POWER YOGA	Is a fitness based Vinyasa Yoga practice. It builds internal heat increases stamina strength and flexibility leaving you energised and centred. Ideal for all participants.	
F.I.I.T.	Your 45 minute Fast.Intense.Interval.Training class in a small group of up to 5 with a SUCCESS Personal Trainer. Only \$20 per class <i>Your first one is FREE (members only)!</i>	

Health Club Hours

Mon-Wed 5:30am – 9pm
Thur & Fri 5:30am – 8pm
Saturday 6.30am – 6pm
Sunday 8am – 5pm (& Public Holidays)

Kids Club Hours

\$2.50 per Mum = 90 minutes
Mon– Fri 8.25am -1.00pm (up to 6yrs)
Saturday 8:00am – 12:00pm (up to 13yrs)

Big Kids Club

Mon-Fri 8.25am-1.00pm (Up to 13 yrs)
 Every school holiday break

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