

Group Fitness Timetable

MONDAY 14 NOVEMBER 2011 - SUNDAY 27 FEBRUARY 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
7.15am	RUN SQUAD	*BODYPUMP®		*RPM®	*SLAM	7.15am
12.00pm	*RPM®	*BODYATTACK®	*BODYCOMBAT®	*BODYSTEP®	*BODYPUMP®	12.00pm
1.00pm		*YOGA		*YOGA		1.00pm
2.45pm				*BOXING FITNESS		2.45pm
5.00pm	*BODYPUMP®	*RPM®	*SLAM			5.00pm
5.45pm	*YOGA					5.45pm
6.45pm		*BOXING CIRCUIT	*BOXING CIRCUIT			6.45pm

* indicates 45 minute class



BODYCOMBAT® combines moves and stances from a range of self-defence disciplines like Karate, Boxing and Taekwondo into an energetic routine.



BODYPUMP® is a 45 - 60 min class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate.



BODYSTEP® is a simple, athletic and fun workout using an adjustable step platform to step up and down to uplifting music.



RPM™ is an indoor cycling class designed to develop cardiovascular capacity. Burning up to 800 calories in one 45 min session, this class is a favourite for those wanting to reduce body fat.



BODYATTACK™ is a cardiovascular interval training program that combines high intensity aerobics, strength and stabilisation exercises. It is a rapid calorie burner that delivers fast improvements in general endurance and an increase in overall body strength.

BOXING FITNESS

Is an empowering 45min calorie burning class utilising all aspects of boxing. You will be taught by professional fighters who will use their boxing ring experience and knowledge to teach you how to use the correct attacking, defensive and co-ordination techniques.

Conducted by The Boxing Shop's Boxing Australia accredited trainers.

All instructors are trained to teach all fitness levels, so if you're new let us know

SLAM

An overall circuit style workout to challenge the whole body.

YOGA

A 45 minute dynamic flowing class which combines traditional postures and breathing to improve strength, stamina, muscle tone and flexibility. Other benefits also include calming of the nervous system and centring the mind.

BOXING CIRCUIT

This class uses innovative training techniques that are both challenging & confidence building. Burn calories, tone and gain strength in a fun, safe and engaging atmosphere. Sessions include pad punching, kettle bells, medicine ball and Swiss Ball training and many more challenging exercises. This class is conducted by The Boxing Shop on behalf of the Nathan Fitness Centre.

GROUP FITNESS POLICY

The below has been implemented to ensure the safety of Group Fitness participants as well as the continuation of the program that satisfies class needs.

- No one can enter the class more than 5 minutes after the class has begun.
- Every participant must have a class token.
- Every participant must have the correct clothing and footwear to participate in the class.
- Every participant, including casual attendees, must fill in a Getting to know you - Pre-Exercise Screening Questionnaire.

ATTENDANCE NUMBERS

One participant: The class will be cancelled; this participant will be granted complimentary access to the gym.

Two participants: The class will continue, but for half the scheduled time.

Three participants: The class will run as normal.

Any class that consistently has low numbers or is cancelled on a regular basis will be re-assessed and may be re-scheduled or moved to a different day and/or time.



Nathan Fitness Centre