

GROUP FITNESS TIMETABLE

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-------------------|--|---------------------------|--|--|------------------------------|--------|
| 6:00am | | | HIIT** | HIIT Class Additional fee: \$5 member - \$7 non | | | |
| 6:15am | BODY BLITZ | Athletic | | | SMASH IT | | |
| 8:00am | | | | | | CARDIO & STRENGTH | |
| 9:00am | | | | | | | |
| 9:15am | 1 HOUR | | | | | | |
| 9:30am | | FITBALL | | | | | |
| 10:05am | | | RESISTANCE CIRCUIT | MOVERS (Low Impact) | | | |
| 10:15am | | | | | | | |
| 10:30am | | TOTAL PILATES (45 MINS) | | | | | |
| 11:00am | | | | | PILATES BASIC | | |
| 12:30pm | | MOVE it or LOSE it (over 50's) | | MOVE it or LOSE it (over 50's) | Over 50's - members - FREE, Non members \$6.00 | | |
| 5:15pm | BODY BLITZ | | | BODY BLITZ | Crèche @ f.i.t Available within areas outlined in BOLD 9am -12pm BOOKINGS ARE ESSENTIAL. \$3.00 for 1 child, \$5 for 2 children (per day) | | |
| 5:30pm | | TOTAL PILATES | | | | | |
| 6:00pm | | | | | | | |

Office Opening Hours @ f.i.t

Monday – Thursday: 9:00am – 12:30pm
 4:00pm – 7:00pm
 Friday: 9:00am – 12:30pm
 Saturday: 9:00am –

CLASS DESCRIPTIONS

SMASH IT- 45 minute sports inspired cardio workout improving speed, fitness, strength and agility. Improves fitness levels and is one of our toughest classes on the timetable.

BODY BALANCE – Yoga, Pilates & tai-chi workout that builds flexibility and strength. A carefully structured series of stretches, controlled breathing & concentration leaves you feeling calm, centred & brings your body into a state of harmony & balance.

BODY COMBAT - Non-contact Les Mills martial arts based fitness program with moves drawn from karate, boxing, muay thai, kung fu, tae kwon do and tai chi. Each class provides a dynamic and energetic experience that will improve your fitness and weight loss.

BODY PUMP - The original barbell class that strengthens your whole body. Challenge all major muscle groups with weight room favourites such as squats, presses, lifts and curls, set to motivating music. You control the weight! Improve strength, fitness, muscle shape and tone. Get results-fast!

BODY STEP – Using a height adjustable step and simple movements, body step is the energising step workout that leaves you feeling liberated and alive. Have fun with the sing-a-long music while the cardio blocks push your fat burning systems into high gear, followed by muscle conditioning tracks that shape and tone your body. **ATHLETIC Tuesday AM = For those looking for increased drive Step Athletic adds short bursts of circuit inspired functional training in tracks 3,4 & 5.**

HIIT – HIIT uses a system of work-hard-then-recovery intervals, alternating between high intensity workouts with short resting periods.

TOTAL PILATES – Mat Pilates class incorporating the use of props including fit ball, theraband and chi ball, improve your physical strength, core stability, flexibility, and posture.

PILATES MAT (Friday) - Basic Pilates mat, suitable for beginners and those with previous injuries.

MOVERS – Low impact class including low intensity aerobics, strength training and floor exercises. Participants are encouraged to exercise at their own pace. Highly recommended for seniors with an emphasis on fitness and fun.

RESISTANCE CIRCUIT - Three workouts in one, Cardio, Strength and core. It is a total body workout that you choose your level of intensity.

BODY BLITZ CIRCUIT - Circuit is a metabolically challenging, full body workout designed to increase strength and power. Can accommodate all levels of fitness from novices to advanced trainees!