

GROUP FITNESS TRAINING

TIMETABLE



Cnr Wingewarra & Brisbane St Dubbo

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OPEN MON-WED 5:30AM-9PM THUR-FRI 5:30AM-8PM SAT-SUN 7:30AM-3PM

ALL CLASSES ARE 45 MINS UNLESS SPECIFIED

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	BOOTCAMP Carmen	HIIT Tom	CARDIO BOXING Donna	5:45AM FTA 30 MINS Lisa	SPIN MIX Donna	MORE AQUA Classes In Spring	
				POWER 60 MIN Anne	7AM PILATES Donna		
9:30AM	BOOTCAMP Carmen	SPIN MIX Lisa	POWER 60 MIN Donna	FTA Lisa	X TRAINING Donna	9AM FTA Ji	BOOTCAMP 10AM Ji
11:00AM	RECHARGE CIRCUIT Donna	RECHARGE Donna	ZUMBA Tracy	RECHARGE Karen			YOGALATES 60 MIN Sue
12:30PM	FTA Ji	PILATES Donna		FTA Lisa	FTA Tom		
	AQUA ZUMBA						
4:30PM	CARDIO BOXING Donna	FTA Ji					
5:30PM	POWER Donna	SPIN MIX Lisa	BOOTCAMP Ji	STRENGTH Lisa	LET US LOOK AFTER YOUR KIDS, WHILE YOU DO YOU! SUPERVISED JUNIORS ROOM  OPEN: 9AM – 1:30AM MONDAY - FRIDAY FREE to Members - From \$4 Casual Visitors/ Fitness Passport		
6:15PM	FTA Lisa	YOGA 60 MIN Sue	FTA Lisa				
	POSTURE PERFECT Clint		YOGALATES 60 MIN Sue				

TRAINING DESCRIPTIONS



PLEASE NOTE	<p>Different instructors have unique styles and techniques. Therefore, classes may differ depending on the trainer.</p> <p>Hand Sanitiser available in all classes, to sanitise your hands before, during and after class!</p> <p>Equipment is cleaned frequently.</p> <p>We recommend you bring your own water, towel & exercise mat</p>
BOOTCAMP	<p>Bootcamp is a group based workout, focusing on gaining strength and toning muscle while increasing your metabolism to a heightened state. We incorporate body weight & team/partnered games using various equipment- tyres, ropes, ladders, medicine/slam balls.....</p>
CORE & STRENGTH	<p>Another of our interval training formats specific to strength and core exercises designed to increase overall body strength while simultaneously maximizing your aerobic threshold.</p>
CROSS TRAINING	<p>Like to try a bit of everything? This class combines different group exercise formats to create a cross training effect. It's designed to tone muscles, develop cardiovascular fitness and burn lots Of calories!</p>
POWER	<p>The premier class with muscle! Your alternative to a workout in the gym with contemporary music and interesting exercise combinations. A rapid fat burning class that uses barbells and a step platform to give you the fastest way to define and condition every muscle, 60 minute class.</p> <p>Strength = Weights and Body weight class</p>
RECHARGE	<p>A safe, fun gentle exercise routine for the "young at heart". A low impact class integrating aerobic exercise for heart fitness, resistance training for strength and stability, stretching and mobility work.</p>
SPIN MIX	<p>A class combining the use of spin bikes as well as traditional strength training designed to help improve your overall fitness and strength.</p>
YOGA & PILATES	<p>Yoga: Ultimate mind and body workout, stretching muscles, creating strength and mental focus.</p> <p>Pilates: Low impact exercise that tones, elongates and sculpts muscles, plus improves core strength, flexibility, co-ordination, & posture. Grip Socks Available at reception. Please bring your own towel</p>
ZUMBA	<p>F for FUN! Zumba is the highly popular, Latin inspired dance fitness workout to sexy, high energy music. Suitable for all ages.</p> <p>Aqua Zumba is in the pool.</p>
HIIT	<p>HIIT is a 45min mix of high intensity Cardio and Strength exercises improving your cardiovascular fitness, muscle endurance, plyometric co-ordination and more by spiking the heart rate with minimal rest.</p>
FTA	<p>Functional Training challenges Strength, Balance, Agility and Core Muscles using The Rig, Ski Rig, Assault Bikes, Sleds, Tires and more. All in our New Functional Training Area.</p>
CARDIO BOXING	<p>Float like a butterfly sting like a bee...Strike, punch and kick your way to superior fitness levels in this high intensity, full body workout, Dynamic drills and great combinations to significantly improve strength, speed, coordination, Agility and endurance. Bring your own Boxing gloves and Inners & Wearing wrist wraps is recommended and available at reception.</p>
POSTURE PERFECT	<p>Poor posture can have a negative effect on not only your appearance but also your health! This class offers a variety of exercises specifically designed to correct posture and strengthen the posterior chain.</p>

- ❖ You must scan the QR code upon entry, or manually sign the covid 19 visit register with name and contact details.
- ❖ Please continue to follow safe hygiene and social distancing rules.
- ❖ Keep 1.5 metres between yourself and other members where possible.
- ❖ Please wipe down all equipment Before and After use.
- ❖ Equipment is cleaned frequently. Please sanitise your hands before, during and after class.
- ❖ Please bring your own towel/mat and drink bottle.