

Group Fitness Timetable

JAN/FEB 2018

Effective from 8th Jan

January 2018 - Bring a friend












Curtin University

CURTIN STADIUM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.05am						8.05am
7.10am						9.05am
12.10pm	IYENGAR YOGA 					9:50am
						11.00am ZUMBA DOME
1.10pm						2.00pm
4.00pm						SUNDAY
4.30pm						8.30am
5.30pm		IYENGAR YOGA DOME 	ZUMBA DOME 	IYENGAR YOGA Seminar Room 		9.30am
6.30pm						11.00am

For weekly covers and changes and current GF timetable please check curtinstadium.edu.au. Join the Curtin Stadium Group Fitness Facebook group to stay up to date with new releases, timetables, covers and changes and special events! : <https://www.facebook.com/groups/curtingroupfitness/>

SOME INFORMATION ABOUT THE CLASSES

	<p>BODYPUMP™ is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight training exercises like squats, presses, lifts and curls. Great music, awesome instructors and you choice of weight to inspire you to get</p>
	<p>BODYBALANCE™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. (55 min)</p>
	<p>BODY ATTACK™ is a simple, high intensity group exercise-to-music class that's fully options to cater for all fitness levels. You'll experience high-energy sports training moves for cardiovascular fitness, along with upper and lower body conditioning exercises for building strength.(45 min)</p>
	<p>BODYSTEP® is the energising step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around it, you'll push fat-burning systems into high gear. (55 min)</p>
	<p>Based on cutting-edge scientific research, this program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques, and "slings" connecting the upper and lower body. This workout will leave you looking good and feeling strong. (30min)</p>
	<p>LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.</p>
	<p>Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Discover your athlete within – adjust your intensity to reach your endorphin high. SPIN(30, 45 or 60 min class).SPIN uses original music and uses the gear (resistance) as reference for intensity . SpinX is a more intense 30 minute class.</p>
<p style="font-size: 2em; color: #e91e63; font-weight: bold;">YOGA</p>	<p>Work on your outer body, tune in to your inner body.</p> <p>HATHA AND IYENGAR yoga focuses on alignment of the body. Hatha is based on asanas (postures) and pranayama (breathing techniques) and has more flowing of the movements .</p> <p>The use of props on Iyengar helps to structure the sequence and develops strength and stability. (55 min)</p>
	<p>BOXING FOR FITNESS uses boxing combinations, drills and cardio bursts to condition and tone your body. Boxing for Fitness is a great cardiovascular workout that helps develop strength, speed, coordination, balance and flexibility in a fun and relaxed group atmosphere. (50 min)</p>
<p style="font-size: 2em; color: #4caf50; font-weight: bold;">ZUMBA</p>	<p>The ZUMBA dance class mix Latin rhythms with easy-to-follow moves for a full-body workout that will burn calories, blast fat and have you getting fit, without even realising it. (55 min)</p>
	<p>Postural Fit is a Pilates based class with a focus on posture, alignment and release of muscles affected by daily tasks .</p>