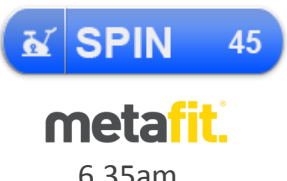

































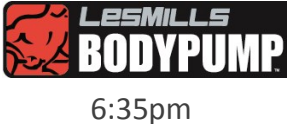








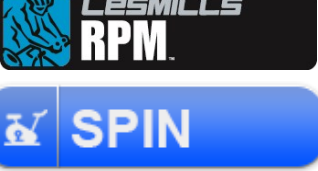


Group Fitness Timetable

February 2017

13th Feb until 5 of March

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
6.05am						8.05am	
7.10am						9.05am	
12.10pm	IYENGAR YOGA					9:50am	
1.10pm		PILATES			HATHA YOGA	2.00 pm	
4.00pm	metafit.					TIME	SUNDAY
4.30pm						8.30am	
5.30pm		HATHA YOGA 5.15pm	ZUMBA DOME 5.20 pm 5:30pm	IYENGAR YOGA 5.30pm Seminar room			9.30am
							
6.30pm						11.00am	

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 your choice of weight to inspire you to get the results you came for!</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.(55 min and express 45-30min)</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>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. RPM (45 min class) SPIN(30, 45 or 60 min class). The difference comes with the music and with the instruction while RPM the music are recorded by Les Mills and uses more RPM as reference SPIN uses original music and uses the gear (resistance) as reference for intensity. SpinX is a more intense 30 minute class.</p>
<h1>PILATES</h1>	<p>PILATES is a core-strength based workout that improves the mobility and stability of the body. Through the following eight principles - Concentration, Breath, Centering, Control, Precision, Flowing movement, Isolation and Routine the Pilates technique works to develop and tighten the abdominal area, not only firming the stomach but also improving lower back strength and overall posture. The class will vary equipment based or just mat. (55 min)</p>
<h1>YOGA</h1>	<p>Work on your outer body, tune in to your inner body. 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 . 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>The METAFIT™ workout is functional, an effective, work big muscle and simple. It combines traditional bodyweight exercises with the latest high intensity intervals and get quick results. 30 minutes workout with this HIIT training techniques to set the metabolism on fire!" (30 min)</p>
<h1>ZUMBA</h1>	<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>

ALL CLASSES MENTIONED CORRECT AT TIME OF PRINTING BUT MAY BE SUSCEPTIBLE TO CHANGE AT ANY GIVEN TIME. FOR THE LATEST TIMETABLE VISIT curtinstadium.edu.au .

GROUP FITNESS COVERS AND CHANGES WILL BE AVAILABLE ON THE FACEBOOK PAGE EACH WEEK (CURTIN STADIUM GYM)

PLEASE NOTE CLASSES MAY NOT RUN IF A MINIMUM OF THREE PARTICIPANTS PER CLASS NOT BE ACHIEVED. CLIENTS MUST HAVE THE CLASS CARD TO GIVE TO THE INSTRUCTOR FOR CLASS PARTICIPATION.

DUE TO HEALTH AND SAFETY REASONS, ARRIVALS POST FIVE MINUTES OF CLASS COMMENCEMENT WILL NOT BE ADMITTED.