

Group Fitness Studio	Time	Mon	Tues	Wed	Thurs	Fri		Sat	Sun
	6.00	5.45-6.30 Strength	6.00-6.30 Cardio Blast XPRS		6.00-6.45 Fat Burner XPRS	6.00-6.45 HIIT		7.30-8.30 Body Pump	7.50-8.50 Hatha Yoga
	6.30		6.30-7.00 Body Sculpt					8.30-9.30 Body Pump	9.00-9.45 Body Pump XPRS
	8.30	8.30-9.30 Body Pump	8.30-9.30 Body Pump	8.30-9.30 X Train		8.30-9.30 Hatha Yoga		9.45-10.30 Pilates XPRS	9.50-10.20 G/F Body Burn
	9.00				9.00-9.45 Barre XPRS	9.15-10.15 G/F X Train		10.30-11.30 Zumba	9.50-10.50 Pilates
	9.30	9.30-10.15 Body Pump XPRS	9.30-10.30 Abs, Butts and Thighs	9.30-10.30 Body Pump	9.45-10.45 Zumba	9.30-10.30 Pilates		11.30-12.30 Hatha Yoga	10.50-11.50 Zumba
	9.30		9.30-10.00 G/F Circuit Low Impact						
	10.00	10.15-11.15 Pilates			10.00-10.30G/F Strength + Conditioning		*Please note different starting class times on weekends		
	10.30	10.20-10.50 G/F Booty Express	10.30-11.30 Dynamic Flow Yoga	10.30-11.15 Barre	10.45-11.45 Body Pump	10.30-11.00 Cardio blast XPRS	<p>Please bring your own towel and mat to classes. Remember to practice social distancing and to wash hands/sanitize hand upon arrival to the gym.</p> <p>We provide wipes and spray for you to disinfectant equipment after use.</p> <p><b>G/F</b> = Gym Floor <b>K/C</b> = Kids Club</p> <p><b>GYM HOURS</b></p> <p><b>Mon:</b> 5:30am - 8pm <b>Tues:</b> 5:45am - 9pm <b>Wed - Thu:</b> 5:45am - 8pm <b>Fri:</b> 6:00am - 8.15pm <b>Saturday:</b> 6.45am - 4pm <b>Sunday:</b> 7:45am- 2pm</p> <p><b>KIDS CLUB HOURS</b></p> <p><b>Mon:</b> 9:00am - 12.15pm <b>Tues:</b> 9:00am - 12.00am <b>Wed:</b> 8:30am - 12:30pm <b>Thurs:</b> 9.00am - 11:45am <b>Fri:</b> 8:30am - 11:30am <b>Sat:</b> 8:30am - 11:30am <b>Sun:</b> Closed</p>		
	11.00	11.15-12.15 Zumba	11.40-12.40 Zumba Light			11.00-11.30 Ab Blaster XPRS			
	11.30	12.15-1.15 Zumba		11.15-12.15 Gentle Flow Yoga	11.45-12.45 Back to Basics	11.30-12.30 Zumba Gold			
	4.30	1.15-1.50 K/C Meditation	4.30-5.15 Pilates						
	5.00		5.15-5.45 X Train	5-5.45 Cardio Blast + Abs	5-6 Pilates				
	5.30	5.00-5.45 Body Pump XPRS	5.45-6.15 Ab Blaster XPRS	5.45-6.30 Strength + Abs		5.15-6.15 Body Pump			
	6.00	5.45-6.30 Cardio blast	6.15-7.15 Zumba						
	6.30			6.45-7.45 Yin by candlelight	6.30-7.30 Dance Fitness	6.15-7.15 Zumba			
	7.00	7-8 Pilates	7.20-8.20 Hatha Yoga			7.15-8.15 R&B Dance			
cycle	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	<b>Please Note:</b> Cycle Classes are 45min and XPRS classes are 30min.	
	6.15am Cycle	8.30am Cycle	6.00am Cycle	9.45am Cycle	9:30am Cycle	8.30am Cycle	8.10am Cycle		
	9:15am Cycle	9.45am Cycle	10.30am Cycle Tabata XPRS			9:30am Cycle			
		6.15pm Cycle		5.30pm Cycle					

## Class Descriptions

<b>CARDIO</b>	<b><u>Workouts designed to increase your cardiovascular health, improve your fitness &amp; burn calories!</u></b>
Boxing	Pick a sparring partner & get lean and toned with this high cardio high energy workout.
Box Fit	A full body workout, with a mix of martial arts and air kick boxing (No gloves or contact).
Cardio Blast	Take your cardio fitness to the next level with a blast of full body moves. High and low impact options available.
Cycle	Mix of high intensity/endurance exercises on a spin bike, set to music. A great workout for your heart and lungs. No coordination required for this incredible stationary cycle workout.
H.I.I.T Tabata	High intensity interval training with 30 seconds on, 10 seconds rest to maximize results.
<b>STRENGTH</b>	<b><u>Lean down, improve bone density, become more toned and have a tighter, firmer body!</u></b>
Ab Blaster	Centralized strength & conditioning for the abs.
Body Sculpt	A combination of strength and toning exercises focusing on abs, butt's and thighs.
Body Pump	The original barbell class that will sculpt tone and strengthen your entire body fast. Focusing on low weight loads high repetitions producing lean body muscle conditioning.
<b>STRENGTH/CARDIO</b>	<b><u>The best of both Worlds! Get fit &amp; firmer - all in the one session!</u></b>
Abs, Butts, Thighs (ABT)	Focusing purely on strengthening your abs butts and thighs. A combination of strength enhancing exercises that will target problem areas.
Body Burn	Let the calories burn away in this high energy body weight exercise class. Functional training with cardio bursts will get the heart rate up and keep you toned.
Booty Express	Wake up those glutes and shape and tone your booty! In this class, we use both resistance bands and weights to not only build and sculpt your glutes, but to also obtain better posture and prevent injury.
Fat Burner	Changing every week for maximum fat loss & calorie after burn, suitable for all levels of fitness.
H.I.I.T	High Intensity Interval Training - bursts of energy resulting in all-over body conditioning, suitable for ALL fitness levels.
Strength + Conditioning Circuit	The circuit is the best of both worlds. You get the attention to detail, help with technique, as well as the group energy of support and encouragement that comes with a community.
X Train	X Train offers a wide range of disciplines to provide an overall body workout. X Train uses cross training & cross fit techniques utilizing major muscles of the body.
Back to Basics	This 'Back to Basics' class incorporates a mix of strength and cardio, suitable for all levels.
<b>DANCE</b>	<b><u>Dance yourself fit, burn calories &amp; have fun at the same time!</u></b>
Zumba	The Zumba program fuses Latin rhythms and International music to create a fun, dance based workout.
Zumba Gold	Zumba Gold is a modified Zumba Class for active older adults that recreates the original moves you love at a lower intensity.
RnB	Get ready to boogie and learn the hottest new dance moves from your favourite hip hop/RnB/ pop music.
Dance Fitness	Get down to your favourite pop, hip-hop, Latin, Afro-fusion, Bollywood and belly dancing tunes in this lively dance party class. Learn fun new steps alongside beloved Zumba moves for a fun twist on your cardio.
<b>MIND AND BODY</b>	<b><u>Improve your flexibility, strengthen your core &amp; spine - &amp; relax!</u></b>
Barre	Complete Barre fitness class that combines the best of Pilates, fitness training and ballet. A challenging and holistic workout to achieve a toned, lean, and balanced body.
Dynamic Flow Yoga	A stronger & faster flowing Yoga practice.
Gentle Flow Yoga	A gentle guided flow of postures finishing with relaxation.
Hatha Yoga	General yoga class with guided yoga postures and relaxation.
Meditation	Heartfulness meditation. Quiet the mind and learn to meditate. Beginner's welcome. Free class for the members and the community. (Seated in a chair)
Pilates	Strengthen your core, improve your flexibility & lengthen through your spine.
Yin Yoga	Slow paced style of yoga with asanas (postures) that are held for longer periods of time than in other styles.

