

# PREMIER

## HEALTH & FITNESS CENTRE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45am (45 mins)	CLOSED	CIRCUIT Adrienne	PILATES Hayley	PUMP Abi	HIIT (30 min) Vickie		
7:30am (45 mins)		YOGA Alisa	BODY PUMP Bronagh		YOGA 60 mins (7:15 am) Alisa	PUMP 60 mins (9:30 am) Milli	
10:30am (60 mins)						YOGA Alisa	YIN YOGA (11:00 am) Suyin
12.15pm (45 mins)		CIRCUIT Vickie	PUMP Vickie	SWEAT Vickie	PUMP Patty		
1.00pm (45 mins)		PUMP Sabina	YOGA Christine	PUMP Vickie	YOGA Kath		
1.45pm (45 mins)		YIN YOGA Sabina		PILATES Lou			
5.30pm (45 mins)		PUMP Abi	PUMP Justine	PUMP Milli	YOGA Christine		
6.15pm (45mins)		YOGA Alisa	YOGA Christine	PILATES Milli	MEDITATION Christine		

### CYCLE STUDIO 2 (45 min classes)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.45am (45 mins)	CLOSED			CYCLE Helen			
7.15am (45 mins)		CYCLE Vickie	CYCLE Abi		CYCLE Vickie		
12.15pm (45 mins)		CYCLE Sabine		CYCLE Anna			
5.30pm (45 mins)			CYCLE Anna				
6.15pm (45 mins)		CYCLE Abi					

### FUNCTIONAL STUDIO 3 (All classes are 45 mins)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00 PM (45 mins)	CLOSED		FUNCTIONAL HIIT Vickie				
5.30pm (45 mins)			FUNCTIONAL HIIT Adrienne				

## **GROUP CLASS DESCRIPTIONS**

### **STRENGTH**

#### **HITT**

Completely dedicated to strengthening and toning core muscles as well as involving HITT movements to strengthen the whole body.

#### **BODY PUMP**

The fastest way to change the shape of your body by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weights. Get inspired to get the results you came for – and fast!

#### **FUNCTIONAL HIIT**

High Intensity Interval Training workout that incorporates gym equipment from the functional room. Great for developing strength, endurance, flexibility and coordination.

#### **PILATES**

A Body conditioning class excellent for improving posture, strength, and flexibility also teaches coordination, concentration and control of the body.

#### **BARRE**

A low impact, high intensity workout combining the best of all the things, from standing pilates work, short cardio intervals, to dance moves in a ballet class. Suitable for everybody and all levels of fitness

### **STAMINA**

#### **BOXING HIIT**

Learn effective boxing techniques and master striking combinations, all while conditioning your entire body with high intensity interval training (HIIT). If you're looking to burn energy, relieve stress and get in top shape, then this class is for you!

#### **BODY ATTACK**

A high intensity interval workout with simple athletic moves and advanced strength work. Burns calories at a fast and furious rate. BODY ATTACK is simple, yet energized. It's challenging and it's not for the faint hearted!

#### **CYCLE**

Enjoy a ride of a different kind with a motivating instructor guiding you over various terrains and intensities to increase fitness levels and burn calories. All fitness levels welcome.

#### **CIRCUIT**

Effective and challenging for overall body conditioning. It works well for developing strength, endurance, flexibility and coordination.

### **MIND & BODY**

#### **YOGA**

A traditional holistic experience which rejuvenates your mind, body and spirit. Nurture every muscle, nerve and gland in your body. Through the practice of yoga, you will gain agility, balance, endurance and great vitality.

#### **MEDITATION**

Focus the mind on a particular object, thought or activity to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

#### **YOGALATES**

A wonderful combination of Yoga, Pilates and Tai chi inspired moves put to music to stretch and strengthen your body and relax your mind. Start your day with this morning class to energise for the day ahead.

#### **STRETCH MOBILITY**

Enhance your recovery with a combination of relaxing gentle stretches, and release work using massage balls. From the muscles in the feet, and all the way to the head and neck, we'll work systematically to relieve tightness and dysfunction throughout your body.