

# PREMIER

## HEALTH & FITNESS CENTRE

| TIME                 | Monday                   | Tuesday                  | Wednesday                   | Thursday               | Friday                                 | Saturday                                | Sunday                           |
|----------------------|--------------------------|--------------------------|-----------------------------|------------------------|--|---|----------------------------------|
| 6:45am<br>(45 mins)  | <b>PUMP</b><br>Viv       | <b>CIRCUIT</b><br>Hannah | <b>PILATES</b><br>Phoebe    | <b>PUMP</b><br>Abi     | <b>HIIT (30 min)</b><br>Vi             |   |                                  |
| 7:30am<br>(45 mins)  |                          |                          | <b>BODY PUMP</b><br>Bronagh |                        | <b>YOGA 60 mins (7:15 am)</b><br>Alisa | <b>PUMP 60 mins (9:30 am)</b><br>Ariane |                                  |
| 10:30am<br>(60 mins) |                          |                          |                             |                        |  | <b>YOGA</b><br>Alisa                    | <b>PUMP (11:00 am)</b><br>Ariane |
| 12.15pm<br>(45 mins) | <b>PUMP</b><br>Ariane    | <b>CIRCUIT</b><br>Vi     | <b>PUMP</b><br>Ariane       | <b>SWEAT</b><br>Patty  | <b>PUMP</b><br>Patty                   |   |                                  |
| 1.00pm<br>(45 mins)  | <b>YOGA</b><br>Christine | <b>Pilates</b><br>Lou    | <b>YOGA</b><br>Christine    | <b>PUMP</b><br>Patty   | <b>YOGA 60 mins</b><br>Kath            |   |                                  |
| 1.45pm<br>(45 mins)  |                          |                          |                             |                        |  |   |                                  |
| 5.30pm<br>(45 mins)  | <b>BARRE</b><br>Phoebe   | <b>PUMP</b><br>Abi       | <b>PUMP</b><br>Ariane       | <b>PUMP</b><br>Alice   | <b>YOGA</b><br>Christine               |   |                                  |
| 6.15pm<br>(45mins)   | <b>PUMP</b><br>Yvette    | <b>YOGA</b><br>Alisa     | <b>YOGA</b><br>Christine    | <b>PILATES</b><br>Lana | <b>MEDITATION</b><br>Christine         |   |                                  |

### CYCLE STUDIO 2 (45 min classes)

| TIME                 | Monday                        | Tuesday                | Wednesday              | Thursday               | Friday             | Saturday | Sunday |
|----------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|----------|--------|
| 7.15am<br>(45 mins)  | <b>CYCLE (7:30 am)</b><br>Sam | <b>CYCLE</b><br>Milli  | <b>CYCLE</b><br>Yvette | <b>CYCLE</b><br>Hannah | <b>CYCLE</b><br>Vi |          |        |
| 12.15pm<br>(45 mins) |                               | <b>CYCLE</b><br>Yvette |                        |                        |                    |          |        |
| 5.30pm<br>(45 mins)  | <b>CYCLE</b><br>Yvette        |                        |                        |                        |                    |          |        |
| 6.15pm<br>(45 mins)  |                               | <b>CYCLE</b><br>Abi    |                        |                        |                    |          |        |

## **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.