

# PREMIER

## HEALTH & FITNESS CENTRE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45am (45 mins)	<b>PUMP</b> Viv	<b>CIRCUIT</b> Jason	<b>PILATES</b> Lana	<b>PUMP</b> Abi	<b>HIIT (30 min)</b> Jason		
7:30am (45 mins)			<b>BODY PUMP</b> Alice			<b>PUMP 60 mins (9:30 am)</b> Annie	
10:30am (60 mins)						<b>YOGA</b> Alisa	<b>PUMP (11:00 am)</b> Cecilia
12.15pm (45 mins)	<b>PUMP</b> Vickie	<b>CIRCUIT</b> Vickie	<b>PUMP</b> Vickie	<b>SWEAT</b> Vickie	<b>PUMP</b> Viv		
1.00pm (45 mins)	<b>YOGA</b> Kath	<b>Pilates</b> Lou	<b>YOGA</b> Christine	<b>PUMP</b> Vickie	<b>YOGA 60 mins</b> Kath		
1.45pm (45 mins)							
5.30pm (45 mins)	<b>BARRE</b> Fleur	<b>PUMP</b> Cecilia	<b>PUMP</b> Jason	<b>PUMP</b> Jason	<b>YOGA</b> Christine		
6.15pm (45mins)	<b>PUMP</b> Vickie	<b>YOGA</b> Alisa	<b>YOGA</b> Christine	<b>PILATES</b> Lana	<b>MEDITATION</b> Christine		

### CYCLE STUDIO 2 (45 min classes)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15am (45 mins)		<b>CYCLE</b> Vickie	<b>CYCLE</b> Yvette	<b>CYCLE</b> Hannah	<b>CYCLE</b> Vickie		
1.00pm (45 mins)	<b>CYCLE</b> Vickie						
5.30pm (45 mins)	<b>CYCLE</b> Vickie						
6.15pm (45 mins)		<b>CYCLE</b> Cecilia					

## **GROUP CLASS DESCRIPTIONS**

### **STRENGTH**

#### **HITT**

High Intensity interval training.  
Compound exercises that alternates between short bursts of intense activity with shorter rest periods.  
Designed to elevate the heart rate and work the body at maximum effort.

#### **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!

#### **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

#### **PILATES**

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

### **STAMINA**

#### **SWEAT**

High energy class that combines sports inspired athletic movements like jumping, running, lunging and agility drills to improve cardiovascular fitness and strength.

#### **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.