

## HEALESVILLE FITNESS CENTRE TIMETABLE

Timetable effective June 2007

GYM TIMES	Monday 8am-9pm	Tuesday 8am-9pm	Wednesday 8am-9pm	Thursday 8am-9pm	Friday 8am-8pm	Saturday 9am-1pm
8.30am						
9.15am	Aerobics		Pump	Aerobics		
9.30am	Circuit	Boxercise		Circuit	Circuit	
10.00am						
10.30am			Pilates			Boxercise
11.00am						
6.00pm		Boxercise		Pump		
6.30pm	Aerobics		Step Aerobics			
7.00pm				Pilates		

**Body Pump:** This is a weight training workout that strengthens, tones and defines every muscle in your body using bar bells and easily adjustable weights. Suitable for all fitness levels.

**Aerobics:** Choreographed moves to music, calorie burning for those who want fun and fitness in one.

**Step Aerobics:** Fat burning class with a challenge. Combination of aerobics using steps to get the heart rate up.

**Circuit Class:** Great workout for those looking to trim and tone at the same time. An all over work out using a mixtjure of resistance machines and cardio fitness exercises. Fun for all fitness levels.

**Tae Box:** A Martial Arts orientated class focusing on punching and kicking with low choreographed movements to music.

**Boxercise:** Combination of boxing techniques along with boot camp style exercises for strength and toning.

**Pilates:** Great class for promoting core strength stability (abdominal and back muscles) by combining breathing techniques with movement. Enhances flexibility by toning and lengthening muscles.

**Please Note:**

- All class participants must report to reception prior to attending class
- Please bring a towel and bottle of water for all classes (gym offers towel hire and water sales)
- Suitable footwear must be worn to all classes
- Whilst we always try to find fill instructors, a class may be cancelled if this is not possible.