



FAMOUS BY FITNESS

VENUES WEST  
Challenge Stadium

Timetable effective September 2009

GROUP FITNESS CLASSES – ARENA 2							
	MON	TUES	WED	THURS	FRI	SAT	SUN
5.45am	Fitness Training		Fitness Training		Fitness Training		
7.00am						Circuit (gym)	
8.15am						Body Pump	
9.00am							Fitness Training
9.15am				Cardio Box			
9.30am	Body Pump	Body Step	Body Pump		Fitball		
4.00pm		4.30pm Teen Fit School Terms		4:00pm Teen Fit School Terms			
5.30pm	Body Step	Fitball	Cardio Box		Just Tone ABT		
6.00pm				Fitness Training			
6.35pm	Body Pump		Body Pump				

## CLASS DESCRIPTIONS

### Body Pump

The most successful group fitness program in history, barbells and adjustable weights are used to tone and condition muscles while raising metabolic rate for rapid fat-burning.

### Body Step

A height-adjustable step and simple-to-follow moves allows you to train at the intensity you want.

### Cardio Box

Get motivated in a class that combines moves and exercises from boxing, fitness and shaping routines into an energetic class using pads, focus mits and boxing equipment.

### Circuit

Reduce body fat, increase strength and improve body shape by moving quickly between stations, incorporating aerobic and resistance exercises.

### Fitball

Surprise yourself with this fitball workout combining free style cardio movements with balance, core stability, flexibility and fitness.

### Fitness Training

A challenging workout suitable for all levels of fitness, this circuit style class will increase stamina and energy levels.

### Just Tone A.B.T

Improve tone and strength of core stabilising muscle groups: abdominals, butt and thighs

### Teen Fit : School Terms

\$70 one session per week / \$140 two sessions per week

Specifically designed for ages 11 to 17 years. Sessions include cardio boxing, step aerobics, physical conditioning and Pilates. Thursday session is held in the gym.

### Aqua Fitness & Aqua Circuit

This fun workout is suitable for new participants, rehabilitating exercisers and the fittest of all. It combines strength, muscle endurance and cardio exercise.

### Water Running

Designed to introduce you to working in deep water with a buoyancy belt. Suitable for those in rehabilitation and the everyday fitness enthusiast

## AQUA CLASSES all classes are 45 minutes with a maximum 35 participants

	MON	TUES	WED	THURS	FRI	SAT
6.00am					Aqua Fitness	
8.45am		Aqua Fitness				
9.15am	Aqua Circuit		Aqua Fitness	Aqua Fitness	9.00am Aqua Fitness	9.00am Water Running
9.30am		Aqua Fitness				
10.00am						Aqua Circuit
7.15pm	Aqua Fitness		Aqua Fitness			

### OPENING HOURS

Monday - Thursday	5.45am – 9.00pm
Friday	5.45am – 8.00pm
Saturday	8.00am – 6.00pm
Sunday	8.00am – 5.00pm

### CRECHE HOURS

Monday - Friday	9.00am – 1.30pm
Saturday	8.00am – 12.00pm
Sunday	Closed

### CASUAL PRICES

	Adult	Conc
Group fitness classes	\$12.00	\$10.00
Gym workout	\$15.00	\$12.00
Aqua	\$10.00	-
Seniors Pilates	-	\$6.50
Teen Fit	-	\$7.00
Pilates	\$15.00	-
Iyengar Yoga	\$20.00	-
Iyengar Yoga (members)	\$15.00	-

### CLASS GUIDELINES

- Please bring a sweat towel and drink bottle to all classes and gym workouts
- NO entry more than 5 minutes after the commencement of a class
- Children are NOT permitted in Arena 2



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## PILATES & YOGA – EVOLVE STUDIO

	MON	TUES	WED	THURS	FRI	SAT
8.30am						* Iyengar Yoga
9.15am	Pilates ABT	Mind & Body		Stretch & Flex		
9.30am			Pilates Matwork		Mind & Body	* 10.30am Hypnolates Course
1.15pm				Senior Pilates		
6.30pm			Pilates Matwork	Mind & Body		
7.00pm		Stretch & Flex				

## CLASS DESCRIPTIONS

### \* Iyengar Yoga

*Not included in Fitness Centre membership.*

Participants need to have an understanding of Yoga and have attended yoga classes or completed a Beginner Yoga course.

### \* Hypnolates Course

*Not included in Fitness Centre membership.*

A fusion of mind and body through Pilates and Hypnosis. Discover the secrets of the mind relax and develop a powerful sense of self motivation; feel compelled to achieve your goals. Sinking into a trance-like state will help to boost your unconscious, release unwanted luggage, and move towards the best possible life.

### Pilates Matwork

Participants need to have an understanding of Pilates Matwork and have attended Pilates classes or completed a Beginner Pilates Matwork course.

### Pilates ABT

Focus on abs, butt & thighs.

### Seniors Pilates

Designed for the over 55's. Using exercise modifications, emphasis is on gentle movement and correct technique using a wide variety of Pilates matwork exercises and yoga style stretches.

### Mind & Body

Your class to gain core strength, flexibility, balance and peace of mind. Feel the freedom for your mind and body in this freestyle class.

### Stretch & Flex

A flexibility based session to relax and rejuvenate your body, with use of some yoga teachings, bio-gymnastics, core strength and basic stretching.



### Living Longer Living Stronger

- Monday
- Tuesday
- Wednesday
- Friday

Between 12.00pm and 2.00pm



## UPCOMING COURSES

Activate	19 <sup>th</sup> October
Beginner Yoga	14 <sup>th</sup> October
Matwork Pilates	15 <sup>th</sup> October
<b>Hypnolates</b>	10 <sup>th</sup> October <b>"NEW"</b>
Weight Loss Challenge	17 <sup>th</sup> October
Tri Pink	26 <sup>th</sup> September
Teen Fit	13 <sup>th</sup> October

## CLASS GUIDELINES

- Please remove shoes before entering studio
- Please bring a sweat towel and drink bottle to all classes
- NO entry more than 5 minutes after the commencement of classes
- Children are NOT permitted in the studio
- All Yoga classes are 90 minutes unless otherwise stated