

September Adult Group Fitness & Interest Classes Schedule



NEW CLASS
Changed Time

Interest Classes
Charged Classes

DVD Class

B=Beginners M=Multi-Level I=Intermediate A=Advance

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
08:00 \ 09:00	08:00-08:45 Spinning Challenge M Jane DVD class on 4, 11 & 18	08:00-08:45 Spinning 73 M DVD Class	08:00-08:45 Spinning Challenge M Jane DVD class on 6, 13 & 20	08:00-08:45 Spinning 73 M DVD Class	08:00-08:45 Spinning 73 M DVD Class			
09:00 \ 10:00	09:00-10:00 Pilates Mat M Jane DVD class on 4, 11 & 18	09:00-10:00 Power Yoga M Corey	09:00-10:00 Pilates Mat M Jane DVD class on 6, 13 & 20	09:30-10:30 Stretching M Veebi	08:45-09:45 Zumba Fitness M Katherine Lopez (\$150/class)	09:00 \ 10:00	09:00-14:45 Junior Class Ballet / Jazz	
10:00 \ 11:00	10:15-11:15 Gentle Flow B Falcon	10:15-11:15 Hatha Yoga M Corey	10:15-11:15 Body Sculpt B Falcon	10:30-11:30 Gentle Flow B Veebi	10:00-11:00 Pilates Mat M Jane DVD class on 1, 8, 15, 22 & 29	10:00 \ 11:00		10:00-11:00 Spinning 73 M DVD Class
11:00 \ 12:00	11:15-12:15 Zumba B Falcon					11:00 \ 12:00		10:00-11:30 / 11:30-13:00 Junior Class Karate
12:00 \ 15:00						12:00 \ 15:00		
15:00 \ 18:00	15:15-20:00 Junior Class Ballet / Jazz	15:15-17:00 Junior Class Ballet	14:15-19:00 Junior Class Ballet			15:00 \ 16:00		
		16:00-17:00 Junior Class Taekwondo						
		17:30-18:30 Step 106 B DVD Class		17:30-18:30 Step 106 B DVD Class				
18:00 \ 19:00				18:00-20:00 Junior Class Karate		16:00 \ 17:00		
19:00 \ 20:00	19:30-20:30 Spinning 73 M DVD Class					17:00 \ 18:00	17:00-18:00 Spinning 73 M DVD Class	17:00-18:00 Body Pump 100 A DVD Class
20:00 \ 21:00	20:30-21:30 Body Pump 100 A DVD Class	20:00-21:00 Pilates Mat M Jane DVD class on 5, 12 & 19	20:30-21:30 Spinning 73 M DVD Class	20:00-21:00 Body Pump 100 A DVD Class		20:00 \ 21:00		
21:00 \ 22:00						21:00 \ 22:00		

NO Adult group classes on Public Holidays and Sundays.

The DVD classes are for members who are advanced in that particular class. The class is taken by following a DVD of a Master Instructor. Note that these are **FREE** classes. So get together a few friends for some motivation and give them a try. Bookings are still required, and if no bookings are received by 30mins prior to the class, the class will be cancelled - as the studio needs to be set up for each class. If you have any suggestions for additional times, just let us know!

Please note that as from 1 Mar 2017, all group exercise classes will be \$40 per class. You may book-in for classes up to 7 days in advance, however if you book-in for a class and do not show for the class, or give less than 2hrs cancellation notice, a \$40 No Show fee will be charged to your account. Those who have had a No Show charge or Late Cancellation charge levied more than twice in 30 days will have their advance booking privileges withdrawn for 60 days. If the class is full through advanced booking, you may place your name on the waitlist and you will be called in the case of a cancellation.

October Adult Group Fitness & Interest Classes Schedule



B=Beginners M=Multi-Level I=Intermediate A=Advance

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00	08:00-08:45 Adult Class Spinning Challenge M Jane DVD class on 2nd 08:45-09:45 Zumba Basic MI Katherine Lopez (\$150/class)	08:00-08:45 Spinning 73 M DVD Class	08:00-08:45 Adult Class Spinning Challenge M Jane	08:00-08:45 Spinning 73 M DVD Class	08:00-08:45/ 09:00-09:45 Spinning 73 M DVD Class 08:45-09:45 Zumba Fitness I Katherine Lopez (\$150/class)		
09:00	09:00-10:00 Adult Class Pilates Mat M Jane DVD class on 2nd	09:00-10:00 Adult Class Power Yoga M Corey	09:00-10:00 Adult Class Pilates Mat M Jane	09:30-10:30 Adult Class Stretching M Veebi DVD class on 5th		09:00-14:45 Junior class Ballet / Jazz	10:00-11:00/ 11:00-12:00 Spinning 73 M DVD Class
10:00	10:15-11:15 Adult Class Gentle Flow B Falcon DVD class on 2nd	10:15-11:15 Adult Class Hatha Yoga M Corey	10:15-11:15 Adult Class Body Sculpt B Falcon DVD class on 25th	10:30-11:30 Adult Class Gentle Flow B Veebi DVD class on 5th	10:00-11:00 Adult Class Pilates Mat M Jane DVD class on 20th & 27th		10:00-11:30 / 11:30-13:00 Junior Class Karate
11:00	11:15-12:15 Adult Class Zumba B Falcon DVD class on 2nd						
12:00							
13:00							
14:00			14:15-19:00 Junior Class Ballet				
15:00	15:15-20:00 Junior Class Ballet / Jazz	15:15-17:00 Junior Class Ballet					
16:00		16:00-17:00/ 17:00-18:00 Junior Class Taekwondo					
17:00					17:00-18:00 Spinning 73 M DVD Class	17:00-18:00 Body Pump A DVD Class	
18:00							
19:00		17:30-18:30 Step B DVD Class		17:30-18:30 Step B DVD Class			
20:00	19:30-20:30 Spinning 73 M DVD Class	20:00-21:00 Adult Class Pilates Mat M Jane	20:30-21:30 Spinning 73 M DVD Class	18:00-20:00 Junior Class Karate			
21:00							

	Adult Group Class
	Adult Interest Class
	DVD Class
	Junior Interest Class

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Adult Group Class Description

Zumba (By Falcon)	B	Zumba dance combines Latin and International music. Easy! Fun! Sweat! Dance! Anyone can Join the party!
Zumba (By Katherine) (\$150/lesson)		This Zumba class is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave the class.
Stretching	M	Stretching is suitable for people of all ages, and the benefits include, increased flexibility and joint range of motion, stress relief, improved circulation, better posture and enhanced coordination.
Spinning Challenge	I/A	A 45-minute workout to challenge your cardio-vascular fitness and endurance!
Pilates Mat	M	A mat work class taught according to the principles of Pilates. The gentle but effective exercises strengthen your core abdominal and back muscles and are great for those looking for more stability and support in their body. Non-impact and low intensity.
Step	B	An introduction class to “Stepping”, where all the basic moves in a Step class are taught. Progression from here will be Step 2. Low impact and intensity.
Body sculpt	B	Tones and shapes key muscle groups with weight training and cardio workout.
Body Pump	M	The fastest way to tone and condition your body and get in shape! This is a barbell class set to awesome music while you’re motivated by your instructor to push you to your limit! Non-impact and moderate to high intensity.
Gentle Flow	B	A gentler and slower paced yoga which is suitable for people of all ages, body conditions and genders. Dynamic movement from one posture to another. Flows like a river to give a complete workout to the body. It helps to release stress and keep good health
Hatha Yoga	I	Intermediate. The most ancient, complete and popular form of yoga for mental and physical health. Hatha Yoga is a science of breathing, a science of purification and synchronization on the physical and mental dimension. Learn the ancient techniques of Asana (postures), Pranayama (breathing), Mudras (gestures), Bandhas (locks), Kriyas (cleansing) for good health, prosperity and self-realization
Power Yoga	I/A	Power yoga moves and exercises have been invented to strengthen the whole body and develop a person’s willpower. These workouts are known to burn calories, improve muscle mass, reduce fat and increase the Basal Metabolic Rate. Power yoga is an impressive form of practice with very stimulating styles. The core of Power yoga is about a vigorous workout that builds muscles and gets people to sweat. This form of yoga is not for calm, mild or moderate yoga students, but for those who love a strong, fast-paced workout.

Please give us your feedback on classes & times, so we can provide a schedule of classes to best suit you all.