

GROUP FITNESS

Striker Indoor Sports & Fitness

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| Morning | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
|----------------|--|--|--|--|--|---|--|
| 6:00am |  |  |  |  |  | | |
| 7:00am | | |  | |  | | |
| 7:30am |  | | | | |  | |
| 8:45am | | | | | | |  |
| 8:30am |  |  |  |  |  |  | |
| | |  |  |  | |  | |
| 9:30am |   |   |   |   |   |  |   |
| |  | | | | | | |
| 10:30am | |  |  |  |  |  | |
| Evening | | | | | | | |
| 5:30pm |  | |  |  | | | |
| 6:00pm |  |  |  | | | | |
| |  | | |  | | | |
| 6:30pm |  |  |  | | | | |
| 7:30pm |  |  | |  | | | |
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TIMETABLE CURRENT AS OF 22nd OCTOBER 2018

- Classes are subject to change without notice.
- For safety and comfort of all, class/gym participants must bring a sweat towel and water bottle.
- Please ensure you wear appropriate footwear and clothing for exercising
- **CRECHE** is included FREE with Monthly memberships for 2 children, if your child(ren) is **BOOKED IN**. Each child after the first two requires a payment of \$5.00 per child. Maximum 1 hour session.

GROUP FITNESS CLASS DESCRIPTIONS



Bodypump is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came far – and fast



Bodybalance is the yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance



Pilates focuses on the core postural muscles which help keep the body balanced and are essential in providing support for the spine. In particular, Pilate's exercises teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles



Hatha Yoga stretches and strengthens all parts of the body as well as focusing on breathing, coordination and flexibility. Vinyasa is flow yoga, and Yin Yoga is restorative, and poses are held.



Boxercise requires no boxing experience. Non-contact workout, involving circuit training for speed, strength, fitness and conditioning.



Step is an advanced freestyle step cardio workout. For those who want to take the next step up, from Bodystep.



Bodyburn is a freestyle class with great music based on a mix of high and low impact moves. A workout designed to help tone up, improve strength and co-ordination. Suitable for all fitness levels



Zumba Fitness is a fun, highly motivated sexy Latin aerobic dance class. No dance experience required. Choreography influenced by sexy Latin rhythms such as salsa, samba, hip hop and more. Come discover the 'sexy you' within and be prepared to get fit, shape up and laugh! Ditch the workout, join the party



Zumba Gold is an amazing program is the lower intensity version of the Basic Zumba class, very easy to follow, so anyone at any age will be able to participate. Dances that are included, Meringue, Salsa, Cha Cha, Rock & Roll (including Twist & Charleston), Belly dancing, Flamenco and Tango. Come and get your gym shoes on and get ready to boogie and have fun while you workout.



RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through the hills, flats, mountain peaks, time trials and interval training. Discover your athletic within – sweat and burn to reach your endorphin high



Bodycombat is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi, and Muay Tai.



(Resistance Endurance Circuit) is a workout combining both cardio and resistance training, using a wide range of equipment. The class will promote calorie burning. Fun for all fitness levels.



(Light Resistance Endurance Circuit) is a lighter pace of the R.E.C. class and is aimed at our more senior participant or those returning to exercise after an injury/operation, childbirth or just new to exercising.....Lite Resistance Endurance Circuit is a cardio/strength combination class that alternates strength training exercises to maintain strong and healthy bones with light cardio training to help maintain a healthy heart. Classes also consist of functional resistance exercises using hand weights whilst utilising the stability ball and is guaranteed to help improve balance and co-ordination.



Is an introductory level class for those who are starting out or just want to enjoy a simple fun class. Low impact moves, for all ages and fitness



Striker FIT (Functional and Interval Training): With a main focus on functional and interval training, this is a group class to challenge every aspect of your fitness. Training may be held indoors or outdoors. Each 8 week block has a different training style and focus, including strength, speed, endurance & agility.



Metafit is a 30 minute high-intensity workout including a series of body-weight exercises with interval style training, designed to keep your body burning calories long after your training session is complete.