

GROUP FITNESS

Striker Indoor Sports & Fitness

55 Farrington Road,

Leeming WA 6149

Ph. 9313 9700

Website: www.strikerindoorsportsandfitness.com.au

Email: info@strikerindoorsports.com.au

| Morning | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
|---------|--|---|--|---|--|--|--|
| 6:00am |  PILATES Phoebe |  R.E.C. Nicky | |  R.E.C. Nicky |  LesMills BODYBALANCE Donna | | |
| 7:30am | | | | |  Lite R.E.C. Lee |  R.E.C. Lee | |
| 8:00am |  Lite R.E.C. Corey | |  Lite R.E.C. Corey | | |  LesMills BODYCOMBAT Donna | |
| 8:30am |  ZUMBA gold Deb |  Lite R.E.C. Toni-Ann |  ZUMBA gold Elisa |  Lite R.E.C. Corey |  ZUMBA gold Elisa | |  R.E.C. Corey |
| 9:00am | | | | | |  PILATES Mel | |
| 9:30am |  R.E.C. Lee |  R.E.C. Toni-Ann |  R.E.C. Nicky |  R.E.C. Corey |  R.E.C. Nicky | |  YOGA Yennie/Gerry |
| 9:30am |  BODYBALANCE Sasha |  STEP IT UP Corey |  BODYBALANCE Sasha |  PILATES Mel |  BODYBALANCE Sasha | | |
| 10:30am | | | |  ZUMBA fitness Dawnia | | | |
| Evening | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
| 5:30pm | |  PILATES Phoebe | | | | | |
| 6:00pm |  R.E.C. Corey | |  R.E.C. Corey | | | | |
| 6:30pm |  BODYCOMBAT Donna |  LATIN FEVER Toni-Ann | | | | | |

TIMETABLE CURRENT AS OF 1st June 2021

- 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

GROUP FITNESS CLASS DESCRIPTIONS



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



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



Zumba Gold is the lower intensity version of the Basic Zumba class. Dances that are included, are 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.



(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.



Mat Pilates is a strengthening and lengthening form of exercise that focuses on your core (trunk) muscles while also training your arms and legs.



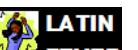
Hatha Yoga stretches and strengthens all parts of the body as well as focusing on breathing, coordination and flexibility. Vinyasa is flow yoga, and Yin Yoga is restorative, and poses are held.



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.



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



Easy to follow dance choreography, influenced by sexy rhythms such as salsa, samba, hip hop, burlesque and more. No dance experience required. Come dance your way through this fitness class and get your giggle on.