

# GROUP FITNESS

Striker Indoor Sports & Fitness








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Morning	Mon	Tues	Wed	Thur	Fri	Sat	Sun
6:00am		 R.E.C. Nicky		 R.E.C. Nicky			
7:30am					 Lite R.E.C. Lee	 R.E.C. Lee	
8:00am	 Lite R.E.C. Corey		 Lite R.E.C. Corey			 LES MILLS BODYCOMBAT Donna	
8:30am	 ZUMBA gold Geraldine	 Lite R.E.C. Toni-Ann	 ZUMBA gold Elisa	 Lite R.E.C. Corey	 ZUMBA gold Elisa		 R.E.C. Corey
9:30am	 R.E.C. Nicky	 R.E.C. Toni- Ann	 R.E.C. Nicky	 R.E.C. Corey	 R.E.C. Lee		 YOGA Yennie/Stef
9:30am	 LES MILLS BODYBALANCE Donna	 STEP IT UP Corey	 PILATES Mel	 PILATES Mel	 LES MILLS BODYBALANCE Wai		
10:30am				 ZUMBA fitness Dawnia			
11:00am						 LES MILLS BODYBALANCE Donna	
1:00pm							
Evening	Mon	Tues	Wed	Thur	Fri	Sat	Sun
5:30pm		 LES MILLS BODYBALANCE Donna					
5:45pm 45 mins	 PILATES Mel						
6:00pm	 R.E.C. Corey		 R.E.C. Corey				
6:30pm	 LES MILLS BODYCOMBAT Donna	 ZUMBA fitness Geraldine					

TIMETABLE CURRENT AS OF 15<sup>TH</sup> July 2022

- 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.



Bodycombatis 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