

# GROUP FITNESS

Striker Indoor Sports & Fitness









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Morning	Mon	Tues	Wed	Thur	Fri	Sat	Sun
6:00am	 PILATES Phoebe	 R.E.C. Nicky		 R.E.C. Nicky	 PILATES Phoebe		
7:15am	 Lite R.E.C. Corey	 Lite R.E.C. Corey	 Lite R.E.C. Corey	 Lite R.E.C. Corey	 Lite R.E.C. Corey		
8:00am						 R.E.C. Corey	
8:30am		 ZUMBA gold Elisa	 ZUMBA gold Elisa		 ZUMBA gold Elisa		
9:15am				 PILATES Phoebe		 LES MILLS BODYBALANCE Sasha	
9:45am	 LES MILLS BODYBALANCE Sasha	 STEP IT UP Corey	 R.E.C. Nicky		 R.E.C. Nicky		
10:45am			 LES MILLS BODYBALANCE Sasha	 R.E.C. Corey	 LES MILLS BODYBALANCE Sasha		
Evening	Mon	Tues	Wed	Thur	Fri	Sat	Sun
5:30pm		 PILATES Phoebe					
6:00pm	 R.E.C. Corey		 R.E.C. Corey	 R.E.C. Nicky			

TIMETABLE CURRENT AS OF 18<sup>th</sup> MAY 2020

- 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.