

# GROUP FITNESS

**STRIKER**  
INDOOR SPORTS  
& FITNESS

Striker Indoor  
Sports & Fitness

55 Farrington Road, Leeming WA 6149

[strikerindoorsportsandfitness.com.au](http://strikerindoorsportsandfitness.com.au) | [info@strikerindoorsports.com.au](mailto:info@strikerindoorsports.com.au)

9313 9700

(Effective June 22<sup>nd</sup> 2017)

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6.00am	R.E.C.	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM	R.E.C.		
8.30am						R.E.C.	
8.30am	LITEPACE	ZUMBA gold	LITEPACE	ZUMBA gold	ZUMBA gold	LES MILLS BODYCOMBAT LES MILLS RPM	
9.30am	LES MILLS RPM	STEP IT UP	LES MILLS BODYPUMP	BODYBURN	LES MILLS RPM	LES MILLS BODYPUMP	R.E.C.
9.30am	BODYBURN		LES MILLS RPM		BODYBURN		YOGA
9.30am	LES MILLS BODYBALANCE						
10.30am	PILATES		LES MILLS BODYBALANCE	ZUMBA fitness	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	
11.00am		YOGA					
5.30pm	LES MILLS BODYCOMBAT LES MILLS RPM		LES MILLS BODYPUMP	LES MILLS RPM			
6.00pm		LES MILLS RPM		ZUMBA fitness			
6.30pm	LES MILLS BODYPUMP	ZUMBA fitness	LES MILLS BODYBALANCE				
7.00pm				PILATES			
7.30pm	LES MILLS BODYBALANCE	BOXERCISE		BOXERCISE			

**Please note:**

- Classes are subject to change without notice.
- For safety and comfort of all participants please bring a sweat towel and water bottle. (If you don't have one, please ask staff to lend you one)
- Please ensure you wear appropriate footwear and clothing for exercising
- **CRECHE** is included FREE with Gym/GF membership for 2 children, if your child(ren) is **BOOKED IN**. Each child after the first two OR if there is **NO BOOKING**, or you are a casual, then you need to **PAY \$5.00**.

## GROUP FITNESS CLASS DESCRIPTIONS



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



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



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.



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



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



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



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



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



This 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.



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



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.