


# Group Fitness Timetable - March 2019

Mon	Tue	Wed	Thurs	Fri	Sat
6 - 7 <b>Bodypump</b> Function room	6.30 - 7 <b>HIIT</b> Function room	6 - 7 <b>Pilates</b> Function room	6 - 7 <b>Bodypump</b> Function room	6 - 7 <b>Bodypump</b> Function room	
9 - 10 <b>Pilates</b> Function room		● 9 - 10 <b>Better Balance</b> Court 8	● 6.30 - 7 <b>HIIT</b> Court 5	● 9 - 10 <b>Better Balance</b> Court 8	8.15 - 9 <b>Bodycombat</b> Group fitness
10.15 - 11.15 <b>Bodypump</b> Function room	9.15 - 10.15 <b>Yoga</b> Group fitness	9.15 - 10.15 <b>Zumba</b> Court 5	9 - 9.50 <b>Tai Chi (Intermediate)</b> Group fitness	9.15 - 10.15 <b>Zumba</b> Court 5	10.15 - 11.15 <b>Bodypump</b> Function room
10.45 - 11.45 <b>Better Balance</b> Court 8		9.15 - 10.15 <b>Bodypump</b> Function room	10 - 11 <b>Tai Chi (beginner)</b> Group fitness	9.15 - 10.15 <b>Bodypump</b> Function room	11.15 - 12 <b>Pilates</b> Function room
17.30 - 18.30 <b>Cross Trainer</b> Group fitness		10.15 - 11.15 <b>Pilates</b> Function room		<p>● New classes</p>  <p>Group fitness membership available for unlimited classes Casual classes \$15 per session or \$100 for 10 sessions</p> <p>email: <a href="mailto:marcus.li@warwickstadium.com.au">marcus.li@warwickstadium.com.au</a> <a href="http://www.warwickwomensworkout.com.au">www.warwickwomensworkout.com.au</a> Tel: 08 9247 2266</p>	
18 - 19 <b>MetaPwr</b> Gym floor		16.30 - 17.30 <b>Bodypump</b> Function room	18 - 19 <b>Yoga</b> Group fitness		
18 - 19 <b>Pilates</b> Function room		17.30 - 18.30 <b>Tai Chi (beginner)</b> Group fitness	19 - 20 <b>MetaPwr</b> Gym floor		
18.45 - 19 <b>Konga</b> Group fitness	18 - 19 <b>Bodypump</b> Group fitness	18 - 19 <b>Pilates</b> Function room	19.15 - 20.15 <b>Konga</b> Group fitness		

<b>Bodycombat</b>	is a cardio workout inspired by The Martial Arts for a fierce calorie burning workout.
<b>HIIT</b>	stands for High Intensity Interval Training. A workout that alternates between intense bursts of activity for 30 minutes.
<b>Bodypump</b>	is a barbell workout for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition.
<b>MetaPwr</b>	is a 30 minute circuit class that combines resistance and bodyweight exercises to target and develop strength, power, agility, and cardiovascular efficiency.
<b>Cross Trainer</b>	rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness.
<b>Konga</b>	is an easy-to-follow, high intensity fusion of Boxing, Cardio, Dance & Sculpting set to the hottest beats from all decades. Konga is a fierce & wild workout designed to shape, sculpt & redefine your physique while injecting your body with an endorphin overload.
<b>Pilates</b>	is a physical fitness system that builds strength, flexibility and lean muscle tone with an emphasis on lengthening the body and aligning the spine.
<b>Zumba</b>	Zumba Fitness is a Latin-inspired cardio-dance workout that uses choreographed steps to form a fitness party atmosphere.
<b>Yoga</b>	is a physical, emotional and mental practice through a range of many different techniques, including postures and movement, breath awareness and breathing exercises, relaxation and concentration, self-inquiry and meditation.
<b>Tai Chi</b>	is a slow, gentle and tranquil movements which enable harmony in mind and body, improved mobility, suppleness and mental alertness.
<b>Better Balance</b>	is based on the postural stability instruction program. The exercises are structured and progressed over a period of several weeks. Participation in this class can improve strength, balance and flexibility which will help you build confidence in carrying out everyday activities.

Vigorous	High	High Moderate	Moderate	Moderate to low	Low
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