

























As of Wednesday 4th April 2012

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
6.15am			SPIN/ABS Kate				
9.00am		SPIN Kate			SPIN Kate		
9.30am	 Kyleigh	 Deb	 Dina	 Lucy	 Maree	 Laura	
10.30am						 Deb	 Danni
11.30am						 Randall	
5.30pm	AB BLITZ Mary		AB BLITZ Peta				
6.00pm	SPIN Mary	SPIN Phil	SPIN Peta	SPIN Kate			
6.00pm	 Brooke	T. H. T Danni	 Deb	 Danni	 Yalieka		
7.00pm	 Randall	 Rick	 Kate	BOXING Danni			
8.00 pm	 Randall	 Bianca	YOGA Bernadette	 Bianca			

FITNESS CLASS DESCRIPTIONS

T.H.T.	A low impact, fat burning aerobic workout followed by toning and resistance work to target the tummy, hips and thighs
AB BLITZ	A 30 min abdominal and core stability class to strengthen, tone and flatten your stomach
BOXING	This class provides a highly effective cardiovascular workout using boxing techniques and equipment. Great for fitness development and stress release
YOGA	Improve your flexibility and stamina, whilst relaxing your mind. A great way to unwind
SPIN	Our beautifully designed luminous studio will invigorate you to climb those hills, cruise along the open roads and sprint to the finish line. A calorie killer and fantastic cardio workout. Control the resistance on your bike to suit your fitness level
	Zumba is a Latin-inspired, dance fitness class designed for cardio and muscle toning and is an exciting fun way to sculpt n tone the body
	A blend of body sculpting techniques combining Maraca sticks and specific Zumba moves into one great calorie-burning strength-training class
	This workout has been verified by the University of Auckland to provide the fastest body fat loss of any fitness class. It's also the fastest way to tone and condition muscles, using weights that challenge all the major muscle groups. Compelling choreography, pumping music and fantastic instructors will inspire you to achieve great results.
	This high energy, calorie consuming, sports-inspired cardio workout will push you beyond your limits. Designed to build strength and stamina by incorporating strong, simple moves with powerful music, this intense dose of workout medicine will get you moving towards your fitness goals.
	Flexibility and strength are built using the best of yoga, tai chi and Pilates. This revolutionary mind and body experience is a unique and holistic approach to group fitness. Focusing on controlled breathing, concentration and stretching, this class will bring the body into a state of harmony and balance.