

# Group Fitness Class Timetable

## Term 3, 2010

**Term 3 - Monday 12th July to Saturday 19th September 2010**

Days / Times		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mornings	6am - OPEN		ERGfit				
	8:30am						ERGfit / SWISSball
	9:30am			ERGfit / GYMstick		ERGfit / Circuit	ERGfit / GYMstick
	10:30am						
Afternoons	6pm	ERGfit	ERGfit	ERGfit	ERGfit		
	6.30pm	GYMstick	Circuit	Circuit	GYMstick		
	7pm	ERGfit	ERGfit	ERGfit/Circuit	ERGfit		
	7.30pm	Pilates			Circuit		
	8.00pm		ERGfit / GYMstick	ERGfit			

### Class Descriptions:

**ERGfit:** Indoor Rowing is a low impact, full body exercise that is ideal for everybody. It is a safe, time efficient workout that makes full use of all the body's major muscle groups to give you a total body workout. Each class consists of a technique warm up followed by a structured routine/program on the concept 2 rowing machine. Full coaching and instruction provided by our enthusiastic instructors. Prior to the cool down phase, core strength and stability exercises complete the ultimate workout.

**GYMstick:** GYMstick is a new fitness tool designed by fitness and health professional to train your total body. It simply and effectively delivers a comprehensive toning, strengthening and fat burning workout whilst enhancing balance, posture and core strength. GYMstick works all the major muscle groups as well as the small supporting muscle groups used for balance and coordination. You can replicate any free weights exercises including squats, presses, lunges and curls etc.

**Circuit:** Circuit training provides plenty of variety and calorie burning in a short period of time. It is designed to keep your heart rate as high as possible by moving quickly between exercise stations and switching between upper & lower body exercises. This stops muscle fatigue and allows the body to work the heart as hard as possible, burning calories and improving fitness. Circuit training can be beneficial for weight loss, muscular endurance, agility, speed, strength, skill development, aerobic fitness, rehabilitation programs, kid's fitness and general fitness to assist with day to day activities in life.

**SWISSball:** Swissball is a great core conditioning & abdominal strengthening routine that incorporates stability & flexibility exercises using Australian made AOK swissballs. Swissball training aids in posture correction & joint stabilisation, improves muscular endurance and provides variety to your program. Benefits include improving your balance & enhancing movement reaction times (challenges the nervous system to react to an unstable environment).

**Pilates:** Pilates is a comprehensive system of exercise movements designed to strengthen and tone the entire body. The focus is placed on your abdominal region and your breathing. The body is able to move more freely when your core is strong. The Pilates program aims to improve posture, tighten the abdomen and combat back & shoulder tension.

ERGfit / SWISSball - combination of both disciplines 30 min of each.

ERGfit / GYMstick - combination of both disciplines 30 min of each.

ERGfit / Circuit - combination of both disciplines 30 min of each.

*(All classes run for 1 hour. Additional classes may be introduced subject to demand. Classes may be cancelled if insufficient numbers.)*

*(This timetable may change, we apologise for any inconvenience caused. Suggestions and requests are MOST welcome!!!) Last Updated: 05/07/2010*