








ERGfit Indoor Rowing - Group Fitness Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-730am Circuit Tamara 		7-730am Circuit Tamara 		7-730am Circuit Tamara 	7am RUNNING group Tamara 
9.30am ERGfit/GYMstick Tamara				9.30am ERGfit / Circuit Rhett	9am ERGfit Circuit Tamara
	5pm ERGfit Tamara		5.30pm ERGfit Tamara		
	6pm ERGfit Tamara		6.30pm ERGfit / Circuit Tamara		
	7pm ERGfit / Circuit Tamara				

*All classes run for 1 hour. ALL classes are available both as face-2-face and online unless stipulated.
 This timetable may change, we apologise for any inconvenience caused. Instructors may change at short notice.
 Suggestions and requests are MOST welcome! Updated: 24.07.2022*

ERGfit Indoor Rowing - Class Descriptions:

ERGfit Indoor Rowing is a low impact, full body exercise that is perfect 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 on the Concept2 rowing machine. Full coaching & instruction provided by our enthusiastic instructors. Prior to the cool down phase, core strength & stability exercises complete the ultimate workout.

GYMstick is an innovative fitness tool combined with our personalised program structure provides a great total body workout. It simply & effectively delivers a comprehensive toning, strengthening & fat burning workout whilst enhancing balance, posture & core strength. You can replicate any free weights exercise including squats, presses, lunges & curls etc.

Circuit classes are high energy, motivational and will change the way you think about exercise. They are designed to physically challenge you either as an individual or in a team. As your fitness levels improve so does your ability to work harder, you will be able to perform more repetitions thus increasing your calorie burning potential. Circuit Training can be beneficial for weight loss, muscular endurance, agility, speed, strength, skill development, aerobic fitness, rehabilitation programs, kid's fitness & general fitness to assist with day to day activities in life.

RUNNING group will prepare runners of all levels for different fun runs held in throughout the year. There are several events which ERGfit enters as a team and everyone is welcome to join us. Whether you are a beginner or advanced runner, you'll feel comfortable yet challenged in our friendly classes. Focusing on the skill & fitness components of running including speed endurance, agility, posture, balance & strength - we work with all age groups, fitness levels & abilities. This class is ideal for runners looking to participate in a fun run, walk or triathlon, from 5 to 15km's, or those just wanting to train regularly with friends & improve their fitness. Each session includes a supervised warm up, some faster or sustained running efforts & appropriate stretching & strengthening exercises to promote good posture, injury prevention and improved running technique.

FREE RUNNING sessions are Thursdays 730-845pm and only during Daylight Saving Time. There is no technical coaching but as a group we work towards building up to either the 5, 10 or 21km for the RUN Melbourne event in July and other events throughout the year.

ERGfit / GYMstick - combination of both disciplines – ½ hr of each.

ERGfit / Circuit - combination of both disciplines – ½ hr of each.