





GROUP FITNESS TIMETABLE

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TIME	MON	TUES	WED	THUR	FRI	SAT
8.30am	 BARBELL MATRIX™ Range of Pre-choreographed Group Fitness Routines					
9.30am	 YOGATAAL Range of Pre-choreographed Group Fitness Routines	 ZUMBA FITNESS	 YOGATAAL Range of Pre-choreographed Group Fitness Routines	 BARBELL MATRIX™ Range of Pre-choreographed Group Fitness Routines	THT Tummy Hip and Thighs	
10.30am				Senior Stretch		

No GF Classes on Public Holidays!

Please come dressed for the class as changing room space is limited

Please bring your own sweat towel

FITNESS IS FUN!!!!

Barbell Matrix -Barbell Matrix is a fun but serious, full body resistance training workout using specialized barbells and other resistance equipment. Barbell Matrix is the class that builds muscle, burns fat and promotes all round physical fitness. It is a combination of weight training, mat work and cardio inspired by driving music and grit. A dance with a barbell, this is extreme calorie burning. All major muscle groups are targeted safely and effectively. There is no better way. Classes cater for all levels of participant. Barbell Matrix will rapidly improve your muscle shape, tone and endurance. You set the intensity. The more weight you carry, the stronger you get. And stamina and endurance are thrown in for free.

Yogataal -Yogataal is a group fitness exercise routine setting the basics of modern yoga practice with the atmosphere of contemporary world music. Yogataal takes relatively simple yoga stances and poses and links them together to produce a dynamic, flowing and energetic fitness routine. The emphasis is on cardio-respiratory and muscular fitness, and Yogataal effectively imparts the fitness benefits of yoga to the recreational enthusiast. Each Yogataal class contains a coherent human theme with spoken passages, music and movement all contributing to make the class an experience, not just a workout. Classes cater for all levels of participant. Yogataal will challenge and improve your flexibility, core strength, concentration and endurance within an enjoyable, dance-like atmosphere.

Stretch Senior -Stretching or flexibility exercises are important part of your physical activity programme. They give you more freedom of movement for your physical everyday activities such as getting dressed and reaching objects on a shelf. Senior Stretch is a simple class that will restore the ease of movement, range of movement and develop strength to make everyday activities so much easier.

Zumba -Zumba is Columbian for "move fast and have fun". It's a fitness dance of latin flavour including strengthening and cardio to tone and sculpt the body whilst burning fat. Fitness fun.

HIIT Tummy Hip & Thigh -HIIT (High Intensity Interval Training) workouts, they are quick, effective, and efficient. Firm your butt and thighs and flatten your belly! Even your tightest pair of jeans won't stand a chance against this fat-blasting lower-body cardio/sculpt routine.