

QFITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.15am					Circuit
6.45am		Boxing for Fitness			
12.10pm	Boxing for Fitness	Circuit	Core Stability	Boxing for Fitness	
1.10pm	Circuit	Core Stability	Boxing for Fitness	Circuit	Core Stability
5.30pm	Circuit	Boxing for Fitness	Circuit	Boxing for Fitness	

CLASS DESCRIPTIONS

CIRCUIT – Our popular, high intensity circuit classes will get your heart pumping. A unique combination of aerobic and resistance exercises. Great for all fitness levels.

BOXING FOR FITNESS – An excellent aerobic class based around the skills of the ring. Great for aerobic fitness, upper body strength and weight loss.

CORE STABILITY – A class based on the principles of Pilates. An integrated approach to strengthening the core regions of the body.

BE EARLY, CLASSES FILL QUICKLY. MAXIMUM NUMBER, 20 PER CLASS.

Issue Date: February 2016