

GROUP FITNESS CLASSES TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.45 AM		Yoga (1 hour)		Yoga (1 hour)	
7.00 AM	Jump Start	MRT	Jump Start	Box & Burn	Strength & Sculpt
12.15 PM		Strength & Sculpt	Box & Burn		Mat Pilates (45min)
1.15 PM	Box & Burn			Strength & Sculpt	Box & Burn
5.15 PM	Strength & Sculpt	Box & Burn	Strength & Sculpt	Box & Burn	
5.15 PM		Mat Pilates (45 mins)			

CLASS DESCRIPTIONS

Jump Start: Jump Start your morning with an awesome workout! This class will wake you up and help you start your day right. These classes are a combination of strength and cardio exercises designed to get the heart pumping and blood flowing and push your fitness to the next level. This class is suitable for beginners.

MRT: Metabolic Resistance Training, or MRT for short, involves short, fast-paced interval training, aimed at increasing your metabolism and cardiovascular capacity. MRT involves a full body workout of exercises such as push-ups and squats followed by shuttle runs and high knees. The combination of body resistance training with high-paced cardio training makes for a full cardio and weight training workout at high intensity. This class is suitable for beginners.

Strength & Sculpt: Not a fan of high intensity cardio workouts? Then this is the class for you. Strength and Sculpt is a muscle building and conditioning class with longer intervals and a slower work out. Focus on building strength across all areas of your body. This class is suitable for beginners.

Box & Burn: Box & Burn incorporates boxing movements to get your heart pumping. Combining strength and cardio components,

this class is based on the training used for boxing including skipping, basic boxing drills and abdominal drills, to tone and condition your whole body. This class is suitable for beginners.

Yoga: Hatha yoga is an alignment-oriented practice that emphasises the forms and actions within yoga postures. Traditional asanas are held in accurate alignment. Emphasis is placed on core strength, flexibility, and balance as well as concentration and breath control. This class is based on physical postures (asanas), deep breathing, mindfulness and listening to the body. This class is suitable for beginners.

Mat Pilates: Mat Pilates takes it back to the beginning with a flowing session down on the mat. You will move from exercise to exercise working through the whole body. Using no equipment other than the strength and control of your own body, you will tone and lengthen from head to toe.

All classes 30 minutes in duration unless otherwise stated

CONTACT

For more information please contact qfitness@qv1.com.au