

CLASS DESCRIPTIONS

BODY COMBAT TM

Based on mixed martial arts such as karate, kickboxing and boxing moves. Focuses on fitness, strength and agility. Burns lots of calories, great for muscle definition and very motivating. All levels of fitness. 55 minutes.

BODY PUMP TM

Is a non-impact muscle strengthening class to give your body a complete workout, using dumbbells and barbell weights to choreographed music. Suitable for all levels. 60 minute class.

BODY VIVE TM

This class is a mix of cardio-heart fitness, functional strength, mobility, core work and stretching. Using small balls and resistance bands. The music is fun 60's, 70's and 80's. Great for 45+ age group, Beginners or any one else looking for a class that's fun and motivating. 55 minute class.

BODY BALANCE TM

This class is a Yoga, Tai Chi and Pilates workout, that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. 60 minute class.

SCULPT

Tone and shape every inch of your body and increase your metabolism using dumbbells, barbells, lower body resistance techniques and some step warm up. Suitable for all fitness Levels. 60 minute class.

BOOTCAMP

Every Saturday put your body to the challenge with boot camp. This class will improve your fitness and strength, including sprints, runs, boxing and bodyweight strength work. Intermediate/Advance levels. 60 minute class. 8.00am in winter / 7.00am in summer.

CARDIO BOX

A fun energetic boxing class, using variety of boxing moves with pads/gloves. Also includes some abdominal work. This class is great for burning those calories or improving fitness levels. All levels of fitness. 45 minute class.

CIRCUIT TRAINING

This class offers a variety of exercises and equipment to make sure you receive a workout that will leave you feeling great! Designed to improve strength and fitness levels! 45 minute class.

REV IT UP

This spin bike class will give you a great cardiovascular and endurance workout on a stationary bike. That is guaranteed to burn lots of calories. Need to book, using the sign in sheets near gym desk. 45 minute class.

X TRAIN

This class is a combination of Hi Lo intensity using weights, fitballs, bikes and other challenging moves. Suitable for all levels. 60 minute class.

POWER HOUR

Take your body to the next level with one hour Power Hour. This class will improve your fitness and tone your abs. Power Hour consists of 15 minutes of Boxing, 15 minutes of Spin, 15 minutes of Abs and 15 minutes of Stretching. 60 minute class.

YOGA

This class will improve your flexibility, strength, balance, decrease stress and improve posture. You will learn how to connect the body and mind with breathing. You will feel more relaxed and energized. 60 minute class.

PILATES

Improve joint mobility and posture. Prevent lower back pain, neck strains and muscle imbalances. This class will improve your core strength and help you be more aware of the body. Low impact mat work. 60 minute class.

AQUA

Low impact fun moves in the water using noodles and water dumbbells. Help improve your fitness with no strain on the joints. This class is held at Hyatt lagoon pool. All levels. 45 minute class.

DEEP WATER RUNNING - D.W.R

Wearing a buoyancy belt (supplied) in the water. In this class you will run, ski, hurdle, kick and do other moves to improve your fitness. Great workout for those needing rehab as its non weight bearing and no stress on joints or spine. You can also burn calories in this class. All levels. 45 minute class.

THE REC CLUB[®]
SANCTUARY COVE

Group Fitness Timetable February 2010



TRADING HOURS:

- MON-THURS 5:30AM - 8:30PM
- FRI 5:30AM - 7:00PM
- SAT 6:00AM - 6:00PM
- SUN 7:00AM - 5:00PM

Ph: 5577 6020



ACTIVITY TIMETABLE

GROUP FITNESS STUDIO

TIME	MON 5:30AM-8:30PM	TUES 5:30AM-8:30PM	WED 5:30AM-8:30PM	THURS 5:30AM-8:30PM	FRI 5:30AM-7:00PM	SAT 6:00AM-6:00PM
6:15AM	BOOTCAMP OUTDOORS Travis	REV IT UP Kris	BOOTCAMP OUTDOORS Ryan	REV IT UP Ryan	X-TRAIN Scott	
7:30 AM	<u>7:15</u> PILATES Denita	BODY VIVE™ Jodie	* 7:30am Body Balance Sonya		BODY VIVE™ Jodie	* 7:00am BOOT CAMP OUTDOORS Ryan
8:30 AM	BODY PUMP™ Eugene	BODY COMBAT™ Scott	BODY SCULPT Scott	CYCLE X TRAIN CJ	BODY PUMP™ Sonya	BODY PUMP™ Karen
9:30 AM	CARDIO BOX Ryan	BODY SCULPT CJ		BODY PUMP™ Amanda	CARDIO BOX Yuki	REV IT UP CJ
10:30/ 10:45/	10:30am REV IT UP Kristy			<u>10:45am</u> PILATES Jodie		
4:30PM						
5:30 PM	BODYPUMP™ Sonya	POWER HOUR Ryan	CIRCUIT TRAINING Ryan	BOXING CIRCUIT Scott		
6:15/ 6:30 PM	REV IT UP Kris		<u>6:15</u> REV IT UP Kris			

COVE STUDIO

TIME	MON 5:30AM-8:30PM	TUES 5:30AM-8:30PM	WED 5:30AM-8:30PM	THURS 5:30AM-8:30PM	FRI 5:30AM-7:00PM	SAT 6:00AM-6:00PM
7:00 AM				YOGA CJ		YOGA CJ
8:30 AM		Body Balance Sonya				
9:30 AM	BEGINNERS YOGA Jodie		YOGA CJ	BEGINNERS YOGA Jodie	YOGA Jodie	
10:45 AM		YOGA CJ				
5:30 PM			YOGA Madonna			

WATER WORKOUTS

TIME	MON 5:30AM-8:30PM	TUES 5:30AM-8:30PM	WED 5:30AM-8:30PM	THURS 5:30AM-8:30PM	FRI 5:30AM-7:00PM	SAT 6:00AM-6:00PM
6:30AM		D.W.R Eugene		* D.W.R Jodie	ADULT SWIM SQUAD	
7:00 AM					Ryan 8:30am @ Rec Club pool	
8:30AM	AQUA @ HYATT Denita	D.W.R Jodie	AQUA @ HYATT Justin	D.W.R Eugene	AQUA @ HYATT Justin	D.W.R CJ