

# IS IT A WORKOUT OR A PARTY?

Commencing Monday 17th May 2010

PLEASE REMEMBER ENTRY TO A CLASS AFTER THE WARM UP WILL NOT BE PERMITTED. THANKYOU

MONDAY				
Time	Class	Instructor	Length	Studio
6.15am	RPM	Wade	1 Hr	RPM
9.15am	Body Combat	Dave	1 Hr	1
9.15am	Body Vive	Carol	1 Hr	Well Being
9.15am	RPM	Jenni	1 Hr	RPM
10.15am	Body Pump	Alli	1 Hr	1
4.45pm	<i>Get Going</i>	Alli	30 min	TBA
5:30pm	RPM	Alli	1 Hr	RPM
5.45pm	Yoga	Tony	1 Hr	Well Being
6.30pm	Body Step	Suzy	1 Hr	1
7.30pm	Body Combat	Belinda	1 Hr	1
7.30pm	Body Balance	Wendy	1 Hr	Well Being

TUESDAY				
Time	Class	Instructor	Length	Studio
6.15am	Body Pump	Emma	1 Hr	1
9.15am	Body Step	Suzy	1 Hr	1
9.15am	RPM	Paul	1 Hr	RPM
10.15am	Body Pump	Paul	1Hr	1
10:15am	Body Balance	Suzy	1 Hr	Well Being
11.15am	Belly Dancing	Deb	1 Hr	Well Being
5:30pm	Body Pump	Wade/Alli	45 min	1
6:30pm	Body Balance	Penny	1 Hr	Well Being
6:30pm	RPM	Wade	1 Hr	RPM
6:30pm	*Zumba*	Deb	1Hr	1
7.30pm	*Zumba*	Deb	1 Hr	1

WEDNESDAY				
Time	Class	Instructor	Length	Studio
6.15am	RPM	Wade	1 Hr	RPM
9.15am	Body Attack	Leanne	45min	1
9.15am	Circuit	Clayton	45min	Circuit
9.15am	RPM	Alli	1 Hr	RPM
10.15am	Body Pump	Alli	1 Hr	1
10.15am	Body Balance	Emma	1 Hr	Well Being
11.15am	<sup>NEW</sup> *Zumba*	Belinda	1 Hr	1
5.30pm	Body Vive	Kylie D	1 Hr	1
5.30pm	RPM	Karen	1 Hr	RPM
6.30pm	Circuit	Samantha	45min	Circuit
6.30pm	Kickbox	Fernando	1 Hr	Well Being
6:30pm	Body Balance	Kylie D	1 Hr	1
7:30pm	Body Step	Leanne	1Hr	1

THURSDAY				
Time	Class	Instructor	Length	Studio
6.15am	Body Pump	Paul	1 Hr	1
9.15am	Body Vive	Alli	1 Hr	Well Being
9.15am	Body Step	Suzy	1Hr	1
9.15am	RPM	Jenni	1Hr	RPM
10.15am	BodyJam <i>Retro</i>	Carol	1Hr	1
10:15am	Body Balance	Suzy	1 Hr	Well Being
11.15am	Belly Dancing	Deb	1 Hr	Well Being
5.30pm	Body Pump	Clayton	1 Hr	1
6.30pm	Pilates	Karin	45 min	Well Being
6:30pm	RPM	Clayton	1 Hr	RPM
6:30pm	*Zumba*	Deb	1 Hr	1
7:30pm	<sup>NEW</sup> Yoga	Tony	1 Hr	Well Being

FRIDAY				
Time	Class	Instructor	Length	Studio
6.15am	RPM	Paul	1 Hr	RPM
8:30am	<i>Get Going</i>	Alli	30 min	TBA
9.15am	Kickbox	Fernando	1 Hr	Well Being
9.15am	Body Combat	Belinda	1 Hr	1
9:15am	RPM	Lyn	1 Hr	RPM
10.15am	Body Pump	Lyn	45 min	1
10:15am	Body Balance	Wendy	1 Hr	Well Being
11:15am	<sup>NEW</sup> *Zumba*	Belinda	1 Hr	1
5.30pm	RPM	Shane	1 Hr	RPM
6.15pm	Body Attack	Leanne	1 Hr	1
6.15pm	Body Balance	Penny	1 Hr	Well Being

SATURDAY				
Time	Class	Instructor	Length	Studio
8.30am	Body Pump	Carma	1 Hr	1
9.30am	RPM	Samantha	1 Hr	RPM
9.30am	Body Combat	Dave	1Hr	1
9:30am	Body Balance	Wendy	1Hr	Well Being
10:30am	*Zumba*	Deb	1 Hr	1

SUNDAY				
Time	Class	Instructor	Length	Studio
8.30am	Body Pump	Kylie R	1 Hr	1
9.30am	RPM	Shane	1 Hr	RPM

## GET A PIECE OF THE ACTION!

## GROUP FITNESS CLASS DESCRIPTIONS

**BODYJAM RETRO™** is a 55 minute workout set to the music of the original Body Jam releases with great dance moves that are funky but simple and easy to follow, allowing you to dance and have fun while burning calories and increasing your fitness

**BODYATTACK®** is the sports-inspired cardio workout for building strength and stamina. Dynamic instructors and powerful music motivate everyone towards their fitness goals. A simple, high-intensity group exercise-to-music class which is fully optioned to cater for all fitness levels. You'll experience high-energy sports training moves for cardiovascular fitness, along with upper and lower body conditioning exercises

**BODYPUMP™** is the original barbell class that strengthens your entire body. The 45 or 60 minute workout challenges all major muscle groups by using the best weight room exercises. Great music, awesome instructors to inspire you to get the results you came for – fast!

**BODYSTEP®** is a simple, athletic and fun workout using an adjustable step platform to step up and down to uplifting music. Some of the benefits you can expect to achieve in this class are toning for the lower body, increased cardio fitness and coordination and upper and lower body conditioning for functional strength.

**BODYCOMBAT™** is a non contact, fiercely energetic program. This workout is inspired by martial arts and draws from a wide array of disciplines such as Karate, Tae Kwan Do, Kung Fu, Kickbox, Muay Thai and Tai Chi. Each 55-minute class is choreographed to 10 tracks of the latest music, providing an exhilarating exercise experience that delivers ultra-fast fitness results.

**RPM™** is the indoor, cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your athlete within – sweat and burn to reach your endorphin high

**BODY BALANCE™** is the Yoga, Tai Chi and Pilate's 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.

**BODYVIVE™** is a low impact workout that lets you choose just how hard you work. Using the VIVE™ balls and VIVE™ tubes, you're talked step-by-step through the entire class by a skilled instructor, while listening to uplifting and inspiring music.

**ZUMBA** is the Latin inspired, easy to follow dance fitness party to burn calories while toning abs, arms and thighs, leaving you feeling invigorated, refreshed and full of life!

**GET GOING** Classes for people who have not experienced Group Fitness before. A 30 minute class in one of our programs where you can have fun while working out in a friendly environment, giving you the confidence to progress to a full class. Program will vary each week.

**KICKBOX** is a combination of martial arts using gloves and punching pads - great for fitness, flexibility, co-ordination and muscle tone.

**CIRCUIT** is suitable for all ages and fitness levels. Using pin loaded machines and simple, athletic aerobic moves to improve your fitness, strength and shape of your body.

**BELLY DANCING** is suitable for all ages and fitness levels. A great way to have fun while shaping and toning your mid section. Patterned and rhythmic body movements are performed and used as a form of communication to music.

**ASHTANGA YOGA** is a dynamic form of yoga, designed for urban people with time constraints. Ashtanga Yoga employs multiple techniques such as posture, breathing, concentration and meditation exercises.

**PILATES** is a workout that specifically strengthens the posture and trunk

Stabilising muscles – helps maintain good posture and alignment.

Lift your spirit with relaxing meditation at the end

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**STARplex**

FITNESS WELLNESS PERFORMANCE

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# Group Fitness Program Times

STARplex Fitness Centre  
Gym Opening Hours

Monday – Friday: 6.00am – 9.30pm

Saturday: 7.00am – 1.00pm

Sunday: 7.00am – 12.00noon

Public Holidays: 8.00am – 1.00pm

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