

## Group Fitness Class Descriptions

**BODYATTACK®** build strength & stamina in this cardio workout with a variety of options to challenge and motivate all fitness levels.

**BODYPUMP™** workout with your choice of weights to strengthen, tone & shape your entire body and leave you feeling amazing!

**BODYSTEP®** burn fat, step your body into shape in this energizing workout using an adjustable step to inspiring music.

**BODYCOMBAT™** burn calories as you punch and kick your way through this amazing cardio workout, inspired by martial arts.

**RPM™** ride your bike along the highway to better fitness, burn calories, gain strength and tone & shape your legs and butt!

**BODY BALANCE™** holistic workout incorporating flexibility and strength exercises transporting your body and mind into a state of harmony and balance.

**BODYVIVE™** low impact cardio – strength - tone & shape - abs & core workout where you choose how hard you work....fun & fizzing with energy!!!

**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!!

**SH'BAM** features simple but seriously hot dance moves, it is the perfect way to shape up and let out your inner star while working out to the chart-topping popular hits

**BOX FIT** the total body workout to improve physical health, improve muscle tone and increase fitness and confidence.

**BELLY DANCING** 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.

**YOGA** 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** a workout that specifically strengthens the posture & trunk stabilising muscles. Maintains good posture, alignment & lift your spirit with relaxing meditation at the end.

**CXWORX** a 30 minute express workout that will tone and strengthen your core, giving you a sculptured, defined body shape.

### ALSO AVAILABLE

**STRENGTH FOR LIFE** a fully supervised strength orientated class recommended for people who are over 50. The program is aimed at regaining and maintaining strength, improving bone density and increasing mobility.

**ZUMBATOMIC®** is a fun fitness program designed especially for kids aged 4 - 12 years. It combines high energy with the Zumba program's rhythms and games to provide a safe, effective and fun workout.

**SH'BAM FOR KIDS** is an exciting fitness program, incorporating fun dance moves for 3-13 year old kids. Designed to keep kids active, improve coordination and rhythm, and to make friends. Includes learning a variety of dance moves and incorporating them into a choreographed high energy, fun routine.

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## Commencing from Monday 21st May 2012



[www.starplex.com.au](http://www.starplex.com.au)

## Group Fitness Timetable

### Fitness Centre Opening Hours

Monday-Friday 6.00am-9.30pm

Saturday 7.00am-2.00pm

Sunday 8.00am-1.00pm

### STARplex

Telephone: (08) 8522 0622

18-20 Alexander Ave

Evanston Park SA 5116



Monday	6.15am	9.15am	9.45am	10.15am	5.00pm	5.30pm	6.00pm	6.15pm	6.30pm	7.30pm
Studio 1										
Wellbeing						Yoga Resumes 25/6/12				
RPM/Circuit										
Tuesday	6.15am	9.00am	9.15am	10.15am	11.15am	5.00pm	5.30pm	6.00pm	6.30pm	7.30pm
Studio 1										
Wellbeing		Pilates			Belly Dance					
RPM/Circuit										
Wednesday	6.15am	9.15am	9.15am	10.00am	10.30am	4.00pm	5.00pm	5.30pm	6.30pm	7.30pm
Studio 1										
Wellbeing			 45 Mins						Box Fit	
RPM/Circuit										
Thursday	6.15am	9.00am	9.15am	9.30am	10.15am	5.30pm	6.00pm	6.30pm	6.45pm	7.30pm
Studio 1										
Wellbeing							Pilates		Belly Dance	Yoga
RPM/Circuit										
Friday	6.15am	8.45am	9.15am	10.00am	10.15am	11.30am	5.30pm	6.15pm	6.30pm	7.30pm
Studio 1										
Wellbeing			Box Fit							
RPM/Circuit										
Saturday	8.30am	9.00am	9.15am	9.30am	10.30am	11.30am	5.30pm	6.15pm	6.30pm	7.30pm
Studio 1										
Wellbeing										
RPM/Circuit										
Sunday	8.30am	9.00am	9.15am	9.30am	10.15am	11.30am	5.30pm	6.15pm	6.30pm	7.30pm
Studio 1										
RPM/Circuit										