GROUP FITNESS CLASSES
3 JANUARY - 28 APRIL 2023

MONDAY
SPIN CIRCUIT
12 - 12:45PM
&
BODYWEIGHT MOBILITY WORKOUT
6 - 6:30PM

TUESDAY
STEP & TONE
12 - 12:45PM
&
OUTDOOR H.I.I.T
6 - 6:45PM

WEDNESDAY
CARDIO KICKBOXING
12 - 12:45PM
&
HARDCORE
6 - 6:30PM

THURSDAY
OUTDOOR H.I.I.T
12 - 12:45PM
&
CARDIO KICKBOXING
6 - 6:45PM

FRIDAY
DANCE / AEROBICS
12 - 12:45PM
&
STRETCHING
6 - 6:30PM
### GROUP FITNESS CLASSES (NOON CLASS)

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**Monday**
- Spin Circuit
  - This is our new exciting class that combines spinning and circuit training. It increases both your aerobic and anaerobic systems. An excellent 45 minutes workout to bring your heart rate up to test your strength and fitness. It caters to all levels where the trainer will try to challenge participants to perform at their very best to gain optimum benefits.

**Tuesday**
- Step & Tone
  - This high energy class combines athletically aerobic movements with resistance and bodyweight exercises. It helps to strengthen your bones and muscles, reducing your risk of cardiovascular disease and strengthen your core muscles including abdominal muscle, back muscle and the muscle around the pelvis.

**Wednesday**
- Cardio Kickboxing
  - Mix up your routine with flexibility and strength-building moves in kickboxing class. These high-intensity burns 300-600 calories in 45mins. A cardiovascular workout consisting of jabs, hooks, uppercuts and kicks designed to get you a leaner body and a healthier state of mind. Good for self-defense too!

**Thursday**
- Outdoor H.I.I.T
  - This is a strength and conditioning programme that consists a mixture of aerobic and body weight exercises. H.I.I.T workouts incorporate high-intensity interval training, plyometrics, calisthenics and other exercises. This class is suitable for intermediate to advanced gym goers.

**Friday**
- Dance / Aerobics
  - Aerobics is a fun class for all levels. This class includes the basic fundamental aerobic movements. The routines are fun and easy to follow. In dance, we will be grooving to a new routine in a different style each week. Slam your body down and wind it all around. Get fit while you are feeling the groove.
GROUP FITNESS CLASSES
(EVENING CLASS)

MONDAY
BODY WEIGHT MOBILITY WORKOUT
6 - 6:30PM

Bodyweight mobility exercise is a programme that only uses your own bodyweight. It will help you to improve your range of motion, prevent injuries, and promote recovery of muscles, tendons and ligaments.

TUESDAY
OUTDOOR H.I.I.T
6 - 6:45PM

This is a strength and conditioning programme that consists a mixture of aerobic and bodyweight exercises. H.I.I.T workouts incorporate high-intensity interval training, plyometric, calisthenics and other exercises. This class is suitable for intermediate to advanced gym goers.

WEDNESDAY
HARDCORE
6 - 6:45PM

Devote 30 minutes of your time to challenge your core muscles to improve posture and strength. This class emphasizes on core training that will focus on tightening your transverses abdominis.

THURSDAY
CARDIO KICKBOXING
6 - 6:45PM

Mix up your routine with flexibility and strength-building moves in kickboxing class. These high-intensity burns 300-600 calories in 45mins. A cardiovascular workout consisting of jabs, hooks, upercuts and kicks designed to get you a leaner body and a healthier state of mind. Good for self-defense too!

FRIDAY
STRETCHING
6 - 6:30PM

Stretching - to gain strength, range of motion, and increase flexibility. Stretching should never cause pain, especially joint pain. If it does, you are stretching too far and too much.

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