



Fitness Centre Classes

Monday's:

Re-Activate

(Low impact class, suitable for all abilities. Parents are welcome to bring children along; Playroom open.)

9:30am — 10:45am

Pure ZUU

(Primal bodyweight movements to increase strength and mobility.)

7:15pm — 8:00pm

Box Fit

(Boxing fundamental combinations and body weight exercises for a full body workout.)

8:00pm — 8:45pm

Wednesday's:

Metafit

(High intensity interval training. Great for increasing metabolic rate and overall fitness.)

6:00pm — 6:30pm

Core Foundations

(Core, pelvic, hip and lower back strengthening using a functional approach.)

6:30pm — 7:15pm

Thursday's:

Pure ZUU

(Primal bodyweight movements to increase strength and mobility.)

9:00am — 9:45am

Box Fit

(Boxing fundamental combinations and body weight exercises for a full body workout.)

10:00am — 10:45am

Circuit

(Resistance weight, body weight and cardio exercises. Workout style changes each week.)

6:00pm — 6:45pm

Friday's:

Metafit

(High intensity interval training. Great for increasing metabolic rate and overall fitness.)

9:00am — 9:30am

Core Foundations

(Core, pelvic, hip and lower back strengthening using a functional approach.)

9:30am — 10:00am

All classes are FREE for Fitness Centre members or \$5 per person, per class.