

**Fitness Centre Classes 2019**

**Monday’s: Re-Activate**  **9:30am — 10:45am**

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

**Pure ZUU 7:15pm — 8:00pm** *(Primal bodyweight movements to increase strength and mobility.)*

**Tuesday’s****:** **Box’n Burn 6:00pm — 6:45pm** *(Cardio focused boxing principles, including skipping, pad and bag work and core exercises. Suitable for all abilities.)*

**Wednesday’s:Metafit 6:00pm — 6:30pm** *(High intensity interval training. Great for increasing metabolic rate and overall fitness.)* **Core Foundations 6:30pm — 7:15pm** *(Core, pelvic, hip and lower back strengthening using a functional approach.)*

**Thursday’s: Re-Activate 6:00pm — 6:45pm** *(Low impact class, suitable for all abilities. Parents are welcome to bring children along; Playroom open.)*

**Friday’s: Box’n Burn 6:15am — 7:00 am** *(Cardio focused boxing principles, including skipping, pad and bag work and core exercises. Suitable for all abilities.)* **Metafit 9:00am — 9:30am** *(High intensity interval training. Great for increasing metabolic rate and overall fitness.)* **Core Foundations 9:30am — 10:00am** *(Core, pelvic, hip and lower back strengthening using a functional approach.)*

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