

# GROUP FITNESS

# TIMETABLE

Effective 19th November

TIME	MON	TUES	WED
12:15PM		CORE STABILITY <sup>45</sup>	
4:15PM	CARDIO HIIT <sup>45</sup>	TONE <sup>45</sup>	ATB <sup>45</sup>
5:15PM	ATB <sup>45</sup>	CROSS PUNCH <sup>45</sup>	TONE <sup>45</sup>

\*Please note that the figure in the right hand corner of the class box indicates length of class in minutes

Please show your support for your favourite classes by attending regularly as those that consistently have low participation (<10 people) will be reconsidered for inclusion in future timetables.

## Burnie Centre Staffed Hours

Monday	3:30pm - 6:00pm
Tuesday	12:00pm - 1:00pm & 3:00pm - 6:00pm
Wednesday	3:30pm - 6:00pm
Public Holidays	Not staffed



For all Unigym enquiries outside of these hours, please contact Unigym Hobart at (03) 6226 2084.

# CLASS DESCRIPTIONS

## **ATB**

(Abs, Thighs and Butts) this 45min class is designed to strengthen, tone and shape the core and lower body. Suitable for all fitness levels.

## **CARDIO HIIT**

A high energy class focusing on developing and maintaining cardiovascular fitness, suitable for all fitness levels.

## **CORE STABILITY**

Designed for injury prevention by improving stability and posture. May include exercise balls, bosu balls, resistance bands and light weights.

## **CROSSPUNCH**

A boxing style class that involves traditional boxing technique that aims to give you a whole body workout. Suitable for all fitness levels.

## **TONE**

Resistance training for the whole body. Strength and conditioning based, these classes vary but may include: battle ropes, kettlebells, dynamic body weight movements and weights. Suitable for all fitness levels.