
































# GROUP FITNESS TIMETABLE

Effective: 28th November 2022

TIME	MON	TUES	WED	THURS	FRI	TIME	SAT	SUN
6:00am		45  LARRY		45  RACHEL		8:00am	45  RACHEL	
8:00am	60  CHERRY		60  CHERRY		60  CHERRY	8:00am	45  LAURA	
9:00am		60  CHERRY		60  CHERRY		9:00am	30  HOLLY	
12:00pm	60  NICOLE	45  NICOLE		45  NICOLE	60  NICOLE	10:30am	60  MING	
4:30pm	45  NICOLE	45  OMID	60  ARWEN	45  LARRY	60  MATT	4:30pm		60  NICOLE
4:30pm				45  MATT				
5:15pm		30  HOLLY						
5:30pm	60  NICOLE		60  MATT	60  ARWEN	30  HOLLY			
5:45pm		30  LAURA						
6:00pm					30  LAURA			
6:15pm	60  DION		60  DION					



\*The figure in the right hand corner of the class box indicates length of class in minutes

\*Please head to our website to book into sessions 90 minutes prior.

## METAFIT

Metafit keeps things simple, coach-led and technique-focused, it's a military-inspired workout that sticks to the true principles of high intensity interval training.

## BODY BALANCE

Combines yoga, pilates and tai chi to build flexibility and core strength through a series of stretches, moves and poses. Through controlled breathing and concentration, you'll finish feeling centred, calm and balanced.

## BODY PUMP

This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight to inspire you to get the results fast!

## BOXING

A boxing/circuit style class that combines traditional boxing combinations with MMA style conditioning exercises. Classes can also include battle ropes, kettlebells, bodyweight work and running. An overall conditioning class with a boxing focus.

\*For hygiene purposes all participants must wear cotton gloves during the BOXING class.

Inners are available from reception for a minimal fee.

## CORE

This program is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques and "slings" connecting the upper and lower body. This workout will leave you looking good and feeling strong.

## LOW IMPACT

Start low, go slow! A resistance based exercise program for people over 50.

## PILATES

Pilates will help build strength, endurance and flexibility while improving your balance and core. Perfect for all fitness levels.

## SPIN

Improve your aerobic and anaerobic fitness in this energetic cycle class. Take on hills, flats, mountain peaks, speed work and interval training!

## YOGA

Combines the traditional principles of Yoga with slow movements and stretching. Yoga is great for increasing flexibility and balance, relieving stress and promoting relaxation.

# HIGH PERFORMANCE CENTRE

## Strength and Conditioning Timetable

*Effective: 28th November 2022*

TIME	MON	TUES	WED	THURS	FRI
6:00am	G.A.C		G.A.C		G.A.C
8:00am					
12:00pm	HIIT	G.A.C	HIIT	G.A.C	HIIT
5:15pm	HIIT	G.A.C	HIIT	G.A.C	

### General Athletic Conditioning (GAC):

Our GAC sessions are team focused endurance workouts, that challenge all energy systems. These sessions focus on higher loads and higher volume. Sessions incorporate introduction to barbell movements and higher complexity lifts.

### HIIT:

Conditioning based, focusing on light to moderate loads, low complexity movements that are adaptable to all fitness levels. High energy and loads of fun.

### Hobart Operating Hours

#### Member Access

Monday - Friday: 5:30am - 10:00pm

Saturday - Sunday: 5:30am - 8:00pm

#### Staffed Hours

Monday - Friday: 10:30am - 8:00pm

Saturday: 7:45am - 10:45am