



# EASTERN BAYS FITNESS CENTRE TIMETABLE



## EXERCISE CLASSES

2<sup>nd</sup> November 2015 – 13<sup>th</sup> December 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning		<b>Wake Up Bootcamp</b> 6am – 7am	<b>10/10/10</b> 6.15am - 7am	<b>Wake Up Bootcamp</b> 6am – 7am	<b>Circuits Class</b> 6am - 7am	<b>Warrior Bootcamp</b> 9am - 10am	
	<b>Wake Up Bootcamp</b> 9am - 10am	<b>Joe's Yoga</b> 9.30am – 10.30am	<b>Fab Fit Lite</b> 9am – 10am	<b>Joe's Yoga</b> 9am – 10am	<b>Fab Fit Lite</b> 9am - 10am		
Mid Morning	<b>Never2Old</b> 10am - 11am	<b>Stretch4Flex</b> 10.30am – 11.30am	<b>Never2Old</b> 10am – 11am	<b>Never2Old</b> 10am - 11am		<p><b>Yoga classes \$8</b></p> <p><b>All other classes are \$5 each</b></p> <p>Pre-book and pay at the desk to avoid disappointment (book up to 7 days in advance)</p> <p><i>Never2Old classes are included in Gym Memberships</i></p>	
	<b>Stretch4Flex</b> 11am - 12noon			<b>Stretch4Flex</b> 11am -12noon			
Evenings	<b>Warrior Bootcamp</b> 6pm – 7pm	<b>Fab Fit</b> 6pm – 7pm	<b>Beginner's Boxfit</b> 6pm - 7pm	<b>Fab Fit</b> 6pm – 7pm			
				<b>Intermediate Yoga</b> 6pm – 7pm			

### Opening Hours

AM	5.30am – 12noon	5.30 am – 12noon	5.30am – 12noon	5.30am – 12noon	5.30am – 12noon	7am – 12noon	Closed
PM	5.30pm – 7.30pm	5.30pm – 7.30pm	5.30pm – 7.30pm	5.30 – 7.30pm			

 EASTERN BAYS FITNESS CENTRE TIMETABLE  EXERCISE CLASSES 14<sup>th</sup> September 2015 – 11<sup>th</sup> October 2015

**10/10/10** – A 30 minute high intensity workout involving 10 minutes of cardiovascular training, 10 minutes of strength training and 10 minutes of core workout. For those people wanting to get maximum workout in a short period of time and improve endurance with a full body workout. A short warm up and cool down ensures you are ready to start your day after this class feeling great.

**Beginner’s Boxfit** – Do you like the sound of Boxfit but haven’t had the chance to try it out? Here’s your chance! Cory introduces the basics of Boxfit for those with little or no experience of any boxing. If you are looking for a great workout of moderate intensity, come along and try out it out.

**Bootcamp (Wake Up & Warrior)** - A high intensity workout for all fitness levels especially individuals focusing on athletic development. The workout will focus on improvement of your power, cardio, balance, mobility, speed and strength working with weighted and body weight exercises expect results.

**Circuits Class** – A full body workout based on a variety of exercises that you complete for short periods of time before rotating to the next exercise. Suitable for all fitness levels as you can work at your own pace, although you will be encouraged to push yourselves!

**Fab Fit** – A ladies only bootcamp style class, mainly held outdoors with a friendly Instructor suitable for those starting out or wanting to work on their fitness levels. Alannah likes to focus on fun and those known wobbly bits to tone up and gain strength whilst improving overall fitness levels.

**Fab Fit Lite** – Ladies only low impact fitness class, designed to be easy on the joints, but still a challenging workout with a wide variety of exercises so you’ll never get bored.

**Joe’s Yoga** - A yoga class for all levels focusing on mobility and strengthening through stretching in a flowing sequence.

**Never2Old** – A gym based training programme for the over 60s to help you maintain an active, independent lifestyle. Classes can include indoor and outdoor exercises. Every couple of months this class may involve Zumba, Yoga or other alternate workouts, followed by morning tea. Never2Old is a very social class focussed on safe workouts whilst having fun.

**Stretch4Flex** – A class solely focusing on static stretching for drastic improvement in flexibility. This class would also be a fantastic release for your muscles on your day off from the weights, or after a difficult session in the gym.

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