

# **FITNESS** ON DEMAND



**100's of workouts Don't miss out on your workouts just because you can't make our classes!**

Introducing virtual versions of 100's of Group Fitness classes covering workouts such as P90X, Insanity, HIIT, Yoga, Pilates, Cycling and more.

#### **Two options of use:**

- 1. "Pre-scheduled"** virtual classes - bookable with our Fitness Trainers
- 2. "On-Demand"** - when there are no pre-scheduled virtual classes or live classes in the group fitness room, just go in and choose your own virtual class to run (on a first-come-first-served basis)

Easy, convenient and flexible to accommodate your every whim to work out!

**For further information, please ask our staff for details.**



## GROUP

## EXERCISE

## TIMETABLE



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Early Morning</b>	6:00am <b>Spin</b> Frances	6:00am <b>Express HT*</b> Jeff	6:00am <b>Spin</b> Virtual class		6:00am <b>Express HT*</b> Jeff	8:00am <b>Blast HT</b> Caty	
<b>Mid Morning</b>	9:30am <b>Yoga</b> Tasha	9:00am <b>Muscle Sculpt</b> Karen	9:30am <b>Active Seniors</b> Ngairene	9:30am <b>Zumba</b> Steve	9:30am <b>Muscle Sculpt</b> Sharon	9:30am <b>Yoga</b> Olga	9:00am <b>Pilates</b> Caty
<b>Late Morning</b>	10:30am <b>Y-Gold</b> Lynanne	10:00am <b>Zumba Gold</b> Steve		10:30am <b>Y-Gold</b> Lynanne	10:30am <b>Y-Gold</b> Sharon		10:30am <b>Yoga</b>
<b>Lunch/ Afternoon</b>		12:30pm <b>Express</b> Virtual class		12:30pm <b>Express</b> Virtual class		2:00pm <b>Express HT*</b>	2:00pm <b>Express HT*</b>
<b>Evening</b>	6:00pm <b>Blast HT</b> Caty	6:00pm <b>Blast HT</b> Owain	6:00pm <b>Spin</b> Sarah	6:00pm <b>Muscle Sculpt</b> Jacqui	6:00pm <b>Zumba</b> Olga		
<b>Late Evening</b>	7:00pm <b>Zumba</b> Olga	7:00pm <b>Yoga</b> Mans	6:00pm <b>Body Conditioning</b> Fiona	7:00pm <b>Pilates</b> Ingrid			
(*) 30 min sessions							