

# Group Exercise

## Timetable

### Spinning

Indoor cycling that improves cardiovascular health, helps in weight loss and improves lower body muscle tone

### Muscle Max

Working big muscle groups using free weights.

### Muscle Sculpt

Improve muscle tone, excellent for weight loss and increasing bone density

### Step Sculpt

Improve muscle tone, excellent for weight loss and increasing bone density. Adding step moves to improve coordination and balance

### HIIT

Working big muscle groups with simple un-choreographed, high intensity interval training to get quick results

### Zumba Gold

Same as Zumba but a lower impact classes great for beginners

### Power Play

A bootcamp style class that incorporates fun and games into a workout that will have you sweating and smiling.

### Yang Yoga

Targets strength, flexibility, balance and releases tension. Emphasis on breath soothes nervous system and induce relaxation.

### Yin Yoga

Mindful and slow yoga that helps strengthens fascia, joints and ligaments. There are props in this class to help with poses.

### Goldfit

Focus on fitness and wellbeing. Low intensity class that helps with mobility, balance and muscle strengthening.

### Movement Therapy

Seniors focused class that helps with mobility, balance and coordination. It also helps with heart health and wellbeing

### Box & Burn

With partners, using gloves and pads. Improves cardiovascular health, muscle tone and coordination.

### TABATA

High intensity interval training that gets your heart rate up in that very hard anaerobic zone for a short period of time.

### Pilates

Improves flexibility, increased core strength and muscle tone.

### Core Power

Held on the gym floor. Helps in stability, better posture and strengthening the abdominal area. Great for injury prevention

**North Shore**  
(09) 4807099



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early Morning	6am (30min) TABATA Robyn (Gym Based)		6am Spinning Melinda			8am Spinning Melinda	
Mid Morning	8.30am Goldfit Melinda  9.30am Yang Yoga Gemma	9.30am Muscle Sculpt Gareth		9.30am Yoga Renee	8.30am Goldfit Laura  9.30am Spinning Melinda	8.30am (30min) HIIT Aleksandra (Gym Based)  8.30am Stretch Class Claudia	9.30am (75min) Yin Yoga Gemma
Mid Morning	10.30am Goldfit Melinda	10.30am (60min) Yoga Renee	10.30am Muscle Sculpt Melinda	10.30am Zumba Gold Tracy	9.45am Pilates Siobhan		
Afternoon	1pm Movement Therapy Brenda				1pm Movement Therapy Brenda		
Evening	5.30pm Box and Burn Gareth	5.45pm Step Sculpt Jacquie		5.30pm Box and Burn Gareth	6.30pm (30min) Core Power Gareth (Gym Based)		
Late Evening	6.30pm (45min) TABATA Tracy	6.45pm (75min) Yang Yoga Gemma	6.30pm Pilates Felicity	7pm Yoga Tasha			

Green Classes are low intensity classes Blue classes are gym-based classes