### 2011 Schedule

The following classes are included in the Health Club Membership free of charge. See reception for casual rates for non-members.

<table>
<thead>
<tr>
<th>Day</th>
<th>Class</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Max. No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Yogalates</td>
<td>5.30pm</td>
<td>Group Exercise Room</td>
<td>Fiona</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>Thump Boxing</td>
<td>6.30pm</td>
<td>Group Exercise Room</td>
<td>Sharon</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>Abs Plus</td>
<td>7.25pm</td>
<td>Group Exercise Room</td>
<td>Sharon</td>
<td>15</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Body Balance</td>
<td>5.30pm</td>
<td>Group Exercise Room</td>
<td>Jenny</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>Boot Camp</td>
<td>6.30pm</td>
<td>Group Exercise Room</td>
<td>Lloyd</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>Zumba</td>
<td>7.30pm</td>
<td>Group Exercise Room</td>
<td>Tracey</td>
<td>20</td>
</tr>
<tr>
<td>Thursday</td>
<td>Spinning</td>
<td>7.15pm</td>
<td>Spinning Room</td>
<td>Bronwen</td>
<td>10</td>
</tr>
</tbody>
</table>

### Group Exercise Classes Guidelines

- All classes scheduled are dependent upon adequate class numbers. If numbers are consistently low for a class then there is the potential for that class to be withdrawn from the timetable after the first 6 week trial period of the new timetable.
- Class duration is between 45mins and 55mins depending upon the class.
- Please do not be late for classes as a warm up reduces the likelihood of injury.
- Inform the instructor if it is your first class or if you have any injuries.
- Group Exercise receipts will be handed out 1 hour before commencement of class, not before (one receipt per person only).
- Participants must collect a Group Exercise receipt from reception and hand on to the instructor before commencement of class.
- Participants must bring a towel and water bottle to every class.
- The user must wipe down equipment after class. Disinfectant to be supplied by centre.
EXERCISE CLASSES

What is Spinning?
Spinning is an indoor group exercise class on stationary bikes. The bikes are arranged so that every participant can see the instructor. The class runs for approximately 45 minutes. The class will be lead through a range of different styles of bike riding. For example; sprints, hills and adding or easing resistance. Changing the resistance levels will simulate an actual bike riding terrain. Because participants control their own resistance level this exercise class is suitable for all fitness levels. This class is ideal for weight loss, fitness, speed and endurance.

What is Yogalates
A movement system that combines yoga and pilates. Yogalates is a strenuous technique that involves the stretching and strengthening of all the body's major muscle groups, creating a slender, streamlined shape rather than bulk. It enhances posture with its main focus being to strengthen the core postural muscles where the abdominal, lower back, pelvic floor and buttock muscles meet. It also fuses the breathing systems of yoga (the ujjayi breath used to calm the mind) and pilates (the pilates lateral thoracic breath where the abdominal muscle is used and activated continually throughout the practice). Yogalates is excellent for bad backs and for creating a sense of inner calm and relaxation.

What is Body Balance?
Body Balance is a fitness to music style class which combines the likes of yoga and tai chi with popular new classes such as Pilates. It focuses on controlled breathing, concentration with stretches, moves and poses that help to relax and balance the body while working on flexibility and strength. This class is ideal for people of all fitness levels. Every 3 months this program is reviewed and updated with new chorography and music.

What is Zumba?
Zumba is the latest addition to Group exercise. Zumba is a combination of dance steps and Latin rhythms to easy to follow routines. This invigorating dance class will get you movin' and groovin' to rhythms of salsa, cumbia, samba, merengue and more. Work your body from head to toe with Zumba's exhilarating workouts. You'll learn all the basics, hitting your core, thighs and abdominals, just to name a few. Come and join the fun.

What is Boot Camp?
Boot Camp is a fun and challenging class which incorporates high intensity exercises with minimised breaks in between exercises. The exercises are primarily body weight based and will challenge your mind and body.