

GROUP FITNESS TIMETABLE FEBRUARY 2019

Timetable changes effective as of Monday 4th February 2019



GROUP FITNESS STUDIO							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am		30 MINUTES Leonie					
8:00am						Leonie	
8:30am			Michael S		Michael S		
9:30am	Jackie	Letitia	Emily <i>*45 Minute Format</i>	Alicia			
9:45am					Emily		
10:00am							Julie
10:30am	Emily						
10:40am		Emily					
4:00pm				Michelle			
4:30pm		Michelle	Alicia	Leonie <i>*30 Minute Format</i>	Alicia		
6:30pm	Leonie <i>*45 Minute Format</i>	Meredith					

MIND AND BODY ROOM							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30am	Corinne						
9:45am					Deb		
10:30am				Tiola			
4:30pm	Dianne						
5:15pm		Letitia					
7:30pm	Kerry						

SPIN ROOM							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	Tarna		Jackie <i>*30 Minute Format</i>		Andrew		
8:30am						Tarna	
9:30am		Emily					
9:40am			Corinne				
5:40pm	Michael		Andrew		Ireen		
6:40pm		Emily B <i>*30 Minute Format</i>		Rob			

GYM & SQUASH HOURS












Monday to Friday
Saturday
Sunday

4am – 11pm
6am – 8pm
8am – 6pm

CRÈCHE HOURS – Crèche Bookings (02) 4631 3733

Morning Mon – Fri
Afternoon Mon – Thur
Saturday

9am – 12pm
4pm – 7:30pm
8am – 12pm

	STUDIO 2						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am			 Tarna	 Tarna			
8:00am						 Alicia	
9:00am						 Matilda	
9:10am					 Alicia		
5:20pm			 Dianne				
5:40pm		 Michelle					
6:00pm	 Alicia			 Emily B			
6:30pm	 Michael (1 Hour)		 Kylie				



Low to moderate exercise class suitable for seniors. In association with the National Heart Foundation, this class has been developed as a safe and effective workout with instructors specially trained for this class. Medical clearance may be required.



This 60 minute 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 you came for – and fast!



This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. No matter what your fitness level, you'll get fit, stay fit and get fitter!



Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, speed work and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.



This explosive freestyle spin class has been designed by the instructor and will enhance your endurance, burn calories and tone your body, through a hardcore session of indoor cycling. Spin will see you riding longer, resting less and racing your way to fitness!



30 minute core body workout which will challenge strength & stability.



High intensity interval training (HIIT) 30 minute workout by LES MILLS takes you into overdrive to go hard, push harder and get you fitter, super fast! The short, sharp, demanding workouts combine weightlifting, running and plyometrics for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power.



The ultimate yoga fusion class. The Yoga, Tai Chi and Pilates structure build flexibility and strength and leaves you feeling centered and calm.



Learn Pilates foundation exercises and the essential technique required to perform them. These exercises develop core strength, stability, and flexibility that Pilates is famous for.



An 'all over' mind and body experience – Yoga is excellent for stretching, building strength, stability, flexibility and helps to detoxify the body and clear the mind. Yoga practice involves a series of poses and stretches, as well as relaxation through meditation.



Yin Yoga is a slow-paced style of yoga, where poses are held for longer periods of time to stretch and target both the deep connective tissues between the muscles, and the fascia throughout the whole body. It aims to increase circulation in the joints, improve flexibility and help regulate the body's flow of energy.



Lose weight, tone muscle, stress release, increase confidence and strength! Boxing sessions are a great way to improve physical health and fitness while also developing overall body strength and assisting weight loss.



Not for the faint hearted! Challenge yourself in this 1 Hour Circuit Class - combining high intensity interval training (HIIT), weight training and cardio. All fitness levels welcome (lower options will be provided).

NOTES:

PHOENIX HEALTH CLUB - 73 ANDERSON ROAD, SMEATON GRANGE NSW 2567

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