

## Studio I & Spin

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>iFIT</b> 6am		
9:30am	<b>metafit</b> 30 MIN	<b>iFIT</b>	<b>metafit</b> BOOKINGS REQUIRED Body Sculpt	BodyRIP/ Group PT*	Zumba/ HIIT Circuit	
10:30am	<b>Core &amp; Stretch</b>	Boxfit			Body Sculpt	
		Group PT* 2pm	Group PT* 12pm			
	Group PT* 5pm				<b>iFIT</b> 4:30pm	
5:30pm	<b>Bootcamp/ BodyRIP</b> BOOKINGS REQUIRED	<b>Power Step/ metafit</b> 30 MIN BOOKINGS REQUIRED	<b>Tabata/ iSpin</b> BOOKINGS REQUIRED	<b>metafit / Bum Legs Tum</b> BOOKINGS REQUIRED		
6:15pm	<b>iSpin</b> BOOKINGS REQUIRED	<b>metafit</b> 6:00PM Zumba 6:30PM	<b>YOGA* ASHTANGA</b> 6:30PM \$10 PP	<b>YOGA</b> 6:30PM BOOKINGS REQUIRED		

## Class Descriptions

### Metafit

A 30 minute body weight class designed to boost your fitness and rocket your energy level.

### Body Sculpt

A brilliant freestyle class designed for every age and ability! Low impact strength and cardiovascular training, combined with core and stabilising moves to help build a healthier and stronger you! Self paced and tailored to YOUR needs.

### Zumba

Inspired by Latin dance, mixing effective body sculpting movements with easy to follow dance moves. Come and join the Zumba party!

### Bum, Legs and Tums

A fun freestyle class focusing on upper and lower body strength with strong core foundations. Using body weight, barbells and weight plates for variety and intensity. Push your body through plateaus with this challenge class. Great music, great fun, great bodies!

### PowerStep

PowerStep is designed to push your cardio edge into high gear and attack your legs from every angle, both on the step and on the floor, for an effective and efficient workout. Class also combines body strength tracks for stronger triceps, chest and core. Challenge yourself and put some power in your step!!

### Group PT

Cost effective way of having personalised instruction in small groups. \$10pp

### iSpin

A high intensity workout on a stationary bike, using various speeds and resistance settings. This class will increase your cardio fitness level! Want to burn calories? This is the class for you, with fun and motivating music to get the mood pumping!

### BodyRIP

A pre-choreographed program that trains every muscle group. Using the barbells and weighted plates, train hard to amazing music. BodyRIP is more than a strength and cardio class!

### Boxfit

A focus pad based workout combining impact and cardio training. Work through various drills and exercises, burning major calories while toning your whole body.

### MetaPWR™

A 30 minute circuit class that combines resistance and body weight exercise to target and develop strength, power, agility and cardiovascular efficiency. Group PT \$10pp

### Tabata

A form of high intensity interval training designed to get your heart rate up into that very hard anaerobic zone for short periods of time. Feel the burn with a combination of body weight and weighted exercises.

### Bootcamp

Outdoor military style bootcamp that incorporates body weight, strength training & endurance drills. Add some heart blasting cardio and you're set