

# Eastern Group Fitness Timetable 2017

Howick Leisure Centre: 09 261 8413

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am						POWER	
9:15am	HI/LOW IMPACT	OXYCORE	HI/LOW IMPACT	OXYCORE	HI/LOW IMPACT		
10:20am		GENTLE EXERCISE	TAI CHI	GENTLE EXERCISE			
1:00pm			INTRO TO EX				
5:30pm	METAFIT		METAFIT	BEGINNERS YOGA			
				X55			
5:45pm		METAFIT					
6:00pm	YOGA						
6:05pm	X55						
6:20pm		POWER		6:30PM YOGA			
6:30PM				OXIGENO			
7:05PM	OXIGENO						

## Lloyd Elmore Pools & Leisure: 09 532 9684

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BODYPUMP	RPM	BODYSTEP	RPM	BODYPUMP		
8:00am						BODYCOMBAT	
9:00am	AQUA		AQUA		AQUA	RPM	
						BODYPUMP	BODYPUMP EXPRESS
						RPM	
9:15am	RPM	AQUA JOG		AQUA JOG			
	BODYBALANCE	BODYSTEP	BODYPUMP EXP	BODYSTEP	BODYBALANCE		
9:30am							CXWORX
9:45am			CXWORX				
10:00am						BODYBALANCE	SHBAM
10:15am		BODYBALANCE		SHBAM	BODYCOMBAT		
5:00pm	BODYCOMBAT		BODYBALANCE				
5:15pm		BODYSTEP EXPRESS		BODYPUMP EXPRESS			
5:45pm	BODYATTACK	BODYPUMP	BODYATTACK	BODYSTEP	BODYPUMP		
6:00pm	RPM	RPM	RPM				
	AQUA	AQUA	AQUA	AQUA			
6:30pm	BODYPUMP	BODYCOMBAT	BODYPUMP	BODYCOMBAT			
7:30pm	BODYBALANCE	BODYPUMP	BODYBALANCE	BODYBALANCE			

## Marina Fitness: 09 534 3590

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	SONIC CIRCUIT	SPIN	YOGA	SPIN	YOGA		
7:30am		ZUMBA					
8:00am							SONIC CIRCUIT
8:15am						BODY BLAST	
9:00am	YOGA		BODYBLAST	YOGALATES	CORE FUSION		
11:00am		SENIOR FIT	SENIOR FIT		SENIOR FIT		
5:30pm	BOX FIT	YOGA					
6:30pm	SPIN	PILATES	SPIN	BOX FIT			

## Fitness Class Description

Lloyd Elsmore—Les Mills class format	Howick Leisure Centre	Marina
<p><b>CX Work</b>—30 minutes LEP Functional, abdominal, hip and back training</p>	<p><b>Oxycore</b>—60 mins A challenging workout that focuses on core strength, postural control, stretching and toning for the whole body. Based on physiotherapy and Pilates principles, it is safe effective and a great total body workout</p>	<p><b>Spin</b>—60 mins Cycle your way to success with our motivational instructors and upbeat music!</p>
<p><b>Body Pump</b>—55 mins LEP Challenge yourself with the original barbell workout that strengthens and tones your body</p>	<p><b>Power</b>—60 mins A challenging program of strength and endurance training using an interchangeable barbell. Geared towards strength, endurance, toning and fat burning. Power has it all.</p>	<p><b>Body Blast</b>—60 mins This is a mod-high intensity body weight and barbell class to tone and sculpt the entire body. Designed as a fast and efficient muscle burn and cardio blast with maximum results</p>
<p><b>Body Step</b>—55 mins LEP Feel liberated and alive with the energizing step workout that pushes fat-burning systems into gear</p>	<p><b>X55</b>—60 mins X55 innovative system integrates work using your own body weight as resistance and different stimuli and elements for adjusting the intensity of training. X55 is ideal for burning fat and making the most of muscles of the body</p>	<p><b>Core Fusion</b>—60 mins A full body moderate intensity floor and equipment-based workout focusing on Core activation and strength</p>
<p><b>Body Balance</b>—55 mins LEP The yoga, tai chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm</p>	<p><b>Gentle Exercise</b>—60 mins Have some fun and socialise whilst being active. With seniors in mind this is a gentle class for all abilities</p>	<p><b>Sonic</b>—45 mins This is a moderate to high intensity circuit class workout where your body will be put through a super circuit deigned to build lean muscle and burn fat at the same time</p>
<p><b>Body Combat</b>—55 mins LEP The fiercely energetic martial arts workout where you are totally unleashed and empowered</p>	<p><b>Hi/Low Impact</b>—30 mins Get the workout you need. With a mix of high &amp; low impact techniques, you'll get moving and shed those pounds. This class is great for all fitness levels</p>	<p><b>Pilates</b>—60 mins Enjoy a low impact workout to improve flexibility and develop a strong core</p>
<p><b>Body Attack</b>—55 mins LEP Sports-inspired cardio workout for building strength and stamina. High energy interval training class combines athletic aerobic movements with strength and stabilization exercises</p>	<p><b>Oxigeno</b>—60 mins An exercise program based on Pilates, yoga and functional training for improved flexibility, strength and mobility through harmonies and fluid movements closely related to breathing</p>	<p><b>Senior Fit</b>—60 mins A low impact gentle mobility class that works the whole body. This class is suited to the active senior who would like to stay active, recover from injury or just have fun</p>
<p><b>RPM</b>—55 mins LEP Take on the terrain through hill, flats, mountain peaks, time trials and interval training</p>	<p><b>Tai Chi</b>—60 mins A gentle, low impact exercise, suitable for all levels and abilities. An ancient Chinese martial art form often referred to as the practice of 'meditation in motion'. The gentle flowing movement promotes relaxation, stress relief &amp; conscious awareness of the present moment</p>	<p><b>Boxfit</b>—60 mins A cardio-based workout with boxing principles. A fun workout that's great for improving all around fitness, toning and core strength</p>
<p><b>Sh'Bam</b>—45 mins A fun-loving and insanely addictive dance workout</p>	<p><b>Metafit</b>—30 mins A style of HIIT (high, intensity, interval, training) &amp; is designed to boost your fitness, rocket your energy levels &amp; burn fat by combining traditional bodyweight exercises with high intensity interval and Tabata training</p>	<p><b>Yoga</b>—60 mins Postures to greatly strengthen and lengthen your muscles while releasing tension. Yoga is great for flexibility</p>
<p><b>Aqua</b> - 45 mins Move your aerobic workout into the pool. Aqua aerobics uses the natural resistance of the water to give you an intense workout</p>		<p><b>Zumba</b>—60 mins A fun-loving and insanely addictive dance workout</p>
<p><b>Aqua Jogging</b> With all the same benefits of your normal jog, plus added resistance from the water to help tone muscles</p>		<p><b>Yogalates</b>—60 mins A mat workout using both Yoga &amp; Pilates concepts. Get the benefit of both</p>