

ALBANY GROUP FITNESS

STUDIO	Monday	Tuesday	Wednesday	Thursday	Friday	STUDIO	Saturday	Sunday
6:00am	<i>BoxFit</i>	<i>Fast30</i> Cardio	<i>Fast30</i> Strong	<i>Fast30</i> Cardio	<i>BoxFit</i>	8:00am	<i>Fast30</i> Strong	
9:15am	YOGA VINYASA	YOGA IYENGAR (90 min)	PILATES	YOGA RESTORATIVE (90 min)	BARRE	9:00am	YOGA VINYASA	BARRE
5:20pm	PILATES	BARRE	YOGA IYENGAR (90 min)	BARRE	<i>Fast30</i> Strong			
6:20pm	YOGA IYENGAR (90 min)	YOGA VINYASA		<i>BoxFit</i>	<i>Fast30</i> Cardio			
7:20pm		<i>Fast30</i> Strong	<i>BoxFit</i>					
AQUA								
9:20am	AQUA DEEP	AQUA DEEP	AQUA DEEP	AQUA DEEP	AQUA DEEP			
7:00pm	AQUA DEEP		AQUA DEEP					

** BoxFit and Fast30: small group training focusing on HIIT run by our fitness instructors

Description of Classes:

Aqua Deep: (60min) Jump in the deep end! Aqua Deep is held in a deep pool, using buoyancy belts to give you a weightless workout that strengthens and conditions while being gentle on the joints.

Barre: (60min) A total body workout that strengthens and tones the body, with emphasis on control, stability and alignment.

****BoxFit:** (60min) workouts with emphasis on improving boxing technique and boxing style training (High Intensity Training). Pads will be supplied to members and also gloves will be available to borrow if you don't own any. Bringing your own gloves is advised and boxing wraps are a requirement for protection and hygiene reasons.

Pilates: (60min) Focus on you core with the core principles of Pilates! The eight principles of the Pilates technique – concentration, breath, centring, control, precision, movement isolation and routine – are brought together to give you a low impact workout that strengthens like nothing else.

Vinyasa Flow: (60min) A dynamic sequence of poses integrated with the breath. A following practice creating heat in the body; each class is themed unique and fun.

Iyengar Yoga: (60min) Emphasis on detail, precision and alignment in the practice of posture and breath control.

Yoga Restorative: (60min) Yoga your mind and yoga your body. This workout can range from gentle and slow moving to dynamic, but it always tones, shapes and centres the mind without impact or stress.

****Fast 30:** Albany's new 30min high intensity interval group training focusing on short periods of high intensity followed by periods of short recovery involving challenge and movements ranging from body weight exercises to weighted movements. This type of training will increase your metabolism and help you burn fat after your workout is completed. Depending on which class will determine the focus of the class.

- **Fast30 Cardio:** (30min) of higher intensity interval training focusing more on body weight movements focusing on speed and endurance.
- **Fast30 Strong:** (30min) of higher intensity interval training but incorporating movements involving weights (Kettlebells, Powerbags, Slamballs etc.) focusing on creating strength and muscle pressure through range of movement.
- **Fast30 Xplode:** (30min) of intense interval training incorporating explosive, plyometric movements focusing on power.

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