

****Current as of 31st May 2010****



Group Fitness Timetable

BODY COMBAT

An energetic fighting routine that blends core components of various martial arts to give a thorough cardio-core workout.
Fight to the finish!

BODY ATTACK

A great cardio workout to develop your general fitness and build cardio stamina, strength and agility while working out to high energy music.
Attack the body!

BODY PUMP

The fastest way to strengthen, tone and define every muscle in your body with effective weight-training exercises to burn off fat fast!
Pump it up!

BODY BALANCE

A unique blend of Yoga, Pilates and Tai Chi exercises to build flexibility and develop core muscle strength, while bringing the body into a state of harmony.

BODY STEP

An athletic cardio blast that will tone your legs, improve co-ordination and sculpt those buns! Over 2000 steps per class!
Step it up to the max!

rpm

Cycle your way through hills, flats and mountain peaks to addictive music in our indoor interval cycle class. Burn up to 900 calories!
Take the ultimate ride!

20 MINUTE ABS

A unique and time-efficient ab class that provides an effective workout to improve core strength for those in a rush.
Crunch it!

FIGHTING FIT

A highly effective and powerful boxing circuit class that will see you improve and maximise your body strength.
Unleash the boxer within!

MON	TUES	WEDS	THUR	FRI	SAT	SUN
		10.00am Fighting Fit Main Gym			9.15am Body Pump	9.15am Body Attack
10.00am Body Step	10.00am Body Pump	10.00am Pilates	10.00am Body Pump	10.00am Body Step	10.15am Body Step	9.30am Fighting Fit Main Gym
12.10pm Body Pump				12.10pm Body Combat	11.15am Body Balance	10.15am Body Combat
4.30pm Fighting Fit Main Gym						
5.20pm Body Pump	5.20pm Body Attack	5.20pm Body Step	5.20pm Body Pump			4.30pm Body Step
	6.00pm Fighting Fit Main Gym	6.00pm Fighting Fit Main Gym				
NEW CLASS STARTS 12th July						
* 6.20pm * Pilates	6.20pm Body Combat	6.20pm Body Pump	6.20pm Body Balance			

RPM Timetable

MON	TUES	WEDS	THUR	FRI	SAT	SUN
	6.00am		6.00am			
9.15am		9.15am			9.15am	9.15am
6.00pm	6.00pm	6.00pm	6.00pm			

20 MINUTE ABS

Mon @ 5.40pm
Tues @ 9.40am
Weds @ 5.40pm



The Gym for EveryBODY

Our Services

- √ Individual Exercise Programmes
- √ Personal Training
- √ Fighting Fit Circuit
- √ Group Fitness Classes
- √ Weights
- √ Sauna
- √ Bootcamp
- √ 20min Ab Classes
- √ Kids Gymnastics
- √ Childcare Facilities
- √ Special deals for school/sport/corporate/small groups
- √ Free Car Parking

Extra Access

Did you know that as a member, you can enjoy free visits to over 150 Fitness Clubs all over New Zealand.
Pick up a brochure from **Reception.**

Hours of Operation

Monday	5.30am	to	9.30pm
Tuesday	5.30am	to	9.30pm
Wednesday	5.30am	to	9.30pm
Thursday	5.30am	to	9.30pm
Friday	5.30am	to	8.00pm
Saturday	7.00am	to	3.00pm
Sunday	7.00am	to	3.00pm



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Kids Gymnastics

Kids Gymnastics is based on Kiwi Gym Fun, a programme practiced in schools and recreation centres all over New Zealand.
 Each term runs for 9 weeks and is available for children ages 2.5 onwards.
 Operating from Monday to Friday.
For more info, call Penny on 939 4402.

Kids Club

Kids Club is our ever-so-popular childminding service available to all members so you can enjoy a workout knowing that your child/children are in the care of our experienced child-minding staff.

Kids Club operates Monday to Friday between 9.00am to 11.30am.
\$1.00 per child
For newborns - 5 years
Closed weekends and public holidays
For more info, call Penny on 939 4402