





























**\*\*Current as of Mon 26th September 2011\*\***

# Group Fitness Timetable

 <p><b>BODYCOMBAT</b></p> <p>An energetic fighting routine that blends core components of various martial arts to give a thorough cardio-core workout.</p>	 <p><b>BODYATTACK</b></p> <p>A great cardio workout to develop your general fitness and build cardio stamina, strength and agility while working out to high energy music.</p>
 <p><b>BODYPUMP</b></p> <p>The fastest way to strengthen, tone and define every muscle in your body with effective weight-training exercises to burn off fat fast!</p>	 <p><b>BODYBALANCE</b></p> <p>A unique blend of Yoga, Pilates and Tai Chi exercises to build flexibility and develop core muscle strength, while bringing the body</p>
 <p><b>BODYSTEP</b></p> <p>An athletic cardio blast that will tone your legs, improve co-ordination and sculpt those buns! Over 2000 steps per class!</p>	 <p><b>RPM</b></p> <p>Cycle your way through hills, flats and mountain peaks to addictive music in our indoor interval cycle class. Burn up to 900 calories!</p>
 <p><b>ZUMBA FITNESS</b></p> <p>It's an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people beyond belief!</p>	 <p><b>pilates</b></p> <p>Exercises are completed as whole body/mind events. Improving your posture &amp; core strength. Beginner friendly fitness class!</p>

MON	TUES	WEDS	THUR	FRI	SAT	SUN
					 <b>BODYPUMP</b> 9.15am	 <b>BODYATTACK</b> 9.15am
 <b>BODYSTEP</b> 10.00am	 <b>BODYPUMP</b> 10.00am	 <b>BODYCOMBAT</b> 10.00am	 <b>BODYPUMP</b> 10.00am	 <b>ZUMBA FITNESS</b> 10.00am	 <b>BODYSTEP</b> 10.15am	 <b>BODYCOMBAT</b> 10.15am
 <b>BODYPUMP</b> 12.10pm		 <b>pilates</b> 11.00am			 <b>BODYBALANCE</b> 11.15am	
 <b>BODYSTEP</b> 4.45pm	 <b>ZUMBA FITNESS</b> 4.45pm	 <b>BODYPUMP</b> 4.45pm	 <b>BODYCOMBAT</b> 4.45pm	 <b>BODYSTEP</b> 4.45pm		
 <b>BODYPUMP</b> 5.30pm	 <b>BODYATTACK</b> 5.30pm	 <b>BODYSTEP</b> 5.30pm	 <b>BODYPUMP</b> 5.30pm			
 <b>BODYBALANCE</b> 6.30pm	 <b>BODYCOMBAT</b> 6.30pm	 <b>ZUMBA FITNESS</b> 6.30pm	 <b>BODYBALANCE</b> 6.30pm			

## RPM Timetable

MON	TUES	WEDS	THUR	FRI	SAT	SUN
	6.00am		6.00am	6.00am		
9.15am		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
Sat @ 9.40am
<b>Jenkins Gym</b> 

The Gym for EveryBODY



# The Gym for EveryBODY

## Our Services

- ✓ Individual Exercise Programmes -including Six-Weekly Reviews
- ✓ Personal Training
- ✓ Group Fitness Classes
- ✓ Hammer Strength/Free Weights
- ✓ Treadmills/X-Trainers/Rowers
- ✓ JenkinsFIT
- ✓ 20min Ab Classes
- ✓ Kids Gymnastics
- ✓ Childminding 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

<b>Monday</b>	<b>5.30am</b>	<b>to</b>	<b>9.30pm</b>
<b>Tuesday</b>	<b>5.30am</b>	<b>to</b>	<b>9.30pm</b>
<b>Wednesday</b>	<b>5.30am</b>	<b>to</b>	<b>9.30pm</b>
<b>Thursday</b>	<b>5.30am</b>	<b>to</b>	<b>9.30pm</b>
<b>Friday</b>	<b>5.30am</b>	<b>to</b>	<b>8.00pm</b>
<b>Saturday</b>	<b>7.00am</b>	<b>to</b>	<b>3.00pm</b>
<b>Sunday</b>	<b>7.00am</b>	<b>to</b>	<b>3.00pm</b>



**Station Village 497 Hutt Road**  
**Ph: (04) 939 4449**  
**info@jenkinsgym.co.nz**  
**www.jenkinsgym.co.nz**



## 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 Renee 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**  
 Mon, Tue, Thu, Fri  
 9.00am to 11.30am.  
 Wed 9.00am to 12.15pm  
 \$2.00 per child  
 For newborns - 10 years  
**Closed weekends and public holidays**  
**Booking Essential over School Holidays**  
**For more info, call Marilyn on 939 4402**