

GROUP FITNESS CLASS TIMETABLE

Effective from 11th February 2012

(Timetable Subject to Change without notice)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Annabelle 9am ZUMBA	
	Daniel 6pm Step Express	Daniel 5.15pm ABS, BUTTS & STRETCH		Check website for more details	<div style="border: 1px solid black; padding: 5px;"> Casual Class \$11.00 10 sessions pass \$104.50 Memberships available </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> AQUA VO² Conducted at "Time for a Swim" 1 – 3 Isaac Rd Keysborough </div>	
Ros 6.40pm CIRCUIT	Daniel 6.40pm CIRCUIT	Tim 6.40pm CIRCUIT	Tanya 6.40pm BOXING	Pilates is currently unavailable		
Ros 7.40pm CYCLE	Simon 7.40pm CIRCUIT Games	Daniel 7.40pm AQUA VO ²	Tim 7.40pm POWERBAR	Tanya 7.40pm FITNESS COMBO		

Class name and Level	Description	Class Aims						
		Weight Loss	Toning	Fitness	Strength	Relaxation	Flexibility	Stress Release
AQUA VO² (All Levels)	A water based class where fun and intensity come together. A workout with a difference	√	√	√	√	√	√	√
Abs, Butts & Stretch (All Levels)	Rediscover muscles you forgot you had in this core crunching class. Followed by a relaxing stretch. Just what you need		√		√	√	√	√
Boxing* (Med – High)	Using boxing equipment and movements. This class provides an excellent full body workout. Makes for a great cross-training program to your weekly exercise regime.	√	√	√	√			√
Circuit (All Levels)	Combining a variety of machines and other activities to tone the whole body.	√	√	√	√			√
Circuit GAMES (All Levels)	Let the good times roll. A circuit class with a difference – it's all about the games we play	√	√	√	√			√
Cycle (All Levels)	This class is designed to push you to your limits. Discovering them is all part of the journey	√	√	√				√
Fitness Combo (All Levels)	Combination of Circuit, Boxing, Core work, Cardio and Fun. An all round fitness class. This is the class that is full of surprises to ignite your fitness.	√	√	√	√			√
Pilates (All Levels)	Pilates targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and rebalancing the body. Great way to awaken your body				√	√	√	√
Powerbar	Enjoy this weight class to music. Working major muscle groups this class is designed to give you a whole body workout in just 55 minutes	√	√		√			√
Step Express (Med – High)	½ hour freestyle step workout. A high energy workout where your feet do the talking	√	√	√				√
Zumba (All Levels)	- Hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.	√		√		√		√

* Boxing wraps are required for Boxing classes and can be purchased from reception – no wraps = no class

Don't forget....

- To bring a water bottle and a towel
- Advise the instructor if it is your first class
- Inform the instructor if you are pregnant / injured
- Minimum age for Classes is 13+ years (Powerbar 16+)
- or have a medical condition BEFORE the class commences

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