



REVOLUTIONS
HEALTH & FITNESS CENTRE

GROUP FITNESS TIMETABLE SMEATON GRANGE

JOIN THE REVOLUTION

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45 AM	SPIN <i>TARNA</i>	BATTLEFIELD <i>JOSH</i>	BOX HIIT <i>GRACIE</i>	R50 <i>JOSH</i>	SPIN <i>ANDREW</i>		
8:00						BATTLEFIELD <i>JOSH</i>	
8:30			HEALTHY MOVES <i>MICHAEL S</i>		HEALTHY MOVES <i>MICHAEL S</i>		
9:00						YOGA <i>LOUISA</i>	
9:30	SPIN 30 MIN <i>EMILY K</i>	PUMP FIT <i>ALICIA</i>	CIRCUIT <i>DAIN</i>	PUMP FIT <i>ALICIA</i>	CARDIO BOX 30 MIN <i>GRACIE</i>		
10.00	A.B.T 30 MIN <i>EMILY K</i>		9.30AM SPIN 30 MIN <i>EMILY K</i>		PUMP EXPRESS 30 MIN <i>GRACIE</i>		
10:30	FIT STRETCH 30 MIN <i>EMILY K</i>	PILATES <i>LETITIA</i>					
4:30 PM	KIDZ FIT 4.45PM <i>DAIN</i>		KIDZ FIT 4.45PM <i>DAIN</i>		KIDZ FIT 4.45PM <i>DAIN</i>		
5.30 FIGHT ROOM	CIRCUIT <i>EMILY B</i>	R50 <i>DAIN</i>	SPIN <i>ANDREW</i>	XXX STEP <i>GRACIE</i>			
6:30	PUMPED <i>GRACIE</i>	BATTLEFIELD <i>DAIN</i>	SWEAT <i>KYLIE</i>	PUMPED <i>GRACIE</i>	CIRCUIT <i>DAIN</i>		
7:30	YOGA <i>CHANTEL</i>	YOGA <i>CHANTEL</i>	YOGA <i>CHANTEL</i>				



CLASS DESCRIPTIONS

<p>A.B.T ABS, BUTT & THIGHS A classic class designed to target the ab's, butt and thigh area using a wide range of techniques including cardio, weights and functional movements.</p>	<p>BATTLEFIELD Team training taken to a new level! This Battlefield inspired workout uses the best of strength training and fundamentals of functional training.</p>	<p>R 50 R50 is based on functional training with specific work to rest ratios. It covers everything from flexibility to strength.</p>	<p>HEALTHY MOVES A fun class for our members that incorporates functional movements and balance exercises that can assist with every day movements</p>
<p>SWEAT Incorporating five components of fitness. Strength, cardio, co-ordination, balance and flexibility. A class that is designed to make you sweat and improve your overall functional fitness, will challenge you mentally and physically. It is a full body high intensity work out.</p>	<p>CIRCUIT Incorporating five components of fitness. Strength, cardio, co-ordination, balance and flexibility. A class that is designed to make you sweat and improve your overall functional fitness, will challenge you mentally and physically. It is a full body high intensity work out.</p>	<p>PUMPED Blast all your muscles with this high-rep weight training workout.</p>	<p>PUMP FIT This high energy class will test you through a combination of weighted, explosive and cardio inspired movements. This class will transform your body and fitness levels.</p>
<p>SPIN This explosive freestyle spin class will destroy those calories, tone your body and enhance your endurance. Race your way to fitness with this hardcore session of indoor cycling.</p>	<p>XXX STEP Take Step to the next level with this high NRG dynamic workout geared to burn all over body fat. Add intense core work to finish, giving you a complete workout.</p>	<p>FIT STRETCH Feel longer and stronger with this Yoga/Pilates flow style class. The perfect blend of strength and flexibility to help bring you back to balance.</p>	<p>YOGA The practice of yoga makes the body strong and flexible; it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind.</p>
<p>FLOW YOGA A dynamic style of Yoga that is physical and deeply satisfying. Vinyasa flow combines dynamic movement and breathing to increase strength and flexibility, while cultivating mindfulness, grace and ease in your movements. Open to all levels.</p>	<p>YIN YOGA Yin Yoga is a slow-paced style of yoga, where poses are held for longer periods of time to stretch and target both the deep connective tissues between the muscles and the fascia throughout the whole body. It aims to increase circulation in the joints, improve flexibility and help regulate the body's flow of energy.</p>	<p>KIDZ KICKBOXING Get your Child's heart racing & their body moving with kids' kickboxing for children aged between 5-12 years. Give your child the chance to enjoy an exciting total body workout. Our goal is to keep students moving & motivated in a fun & safe space!</p>	<p>KIDZ FIT A program designed specifically for kids with a focus on developing fundamental movement skills, strength, coordination and confidence. We are committed to creating a fun environment for your children while teaching them then importance of physical activity.</p>
<p>PILATES Pilates focuses predominantly on exercises radiating from the core. It is tailored as a rehab program, correcting muscle imbalance, strengthening the lower back, dramatically improving posture, balance, core strength and flexibility. This allows the muscles to be more stable and decreases the chance of injury.</p>	<p>BOX HIIT A high intensity class that combines boxing drills and cardio to give you a great workout. This class will get you working but is suitable for all fitness levels. Gloves required.</p>	<p>PUMP EXPRESS 30 Minutes of high intensity weights targeting 3 major muscle groups</p>	<p>CARDIO BOX EXPRESS 30 Minutes of boxing drills and pad work.</p>