



REVOLUTIONS
HEALTH & FITNESS CENTRE

GROUP FITNESS TIMETABLE EMU PLAINS

JOIN THE REVOLUTION

| | MON | TUES | WED | THURS | FRI | SAT | SUN |
|---------|------------------------------|-------------------------|-----------------------------|-------------------------------|--------------------|--|-----|
| 5:00 AM | | LEGS BY TES CLAYTON | PUSH/PULL BY TES CLAYTON | FULL BODY BY TES CHRISTIAN | | | |
| 6:00 | BOOTCAMP SHOAN | FITT R MOSI | PUSH/PULL BY TES CLAYTON | FULL BODY BY TES CHRISTIAN | BOXING SHOAN | BOOTCAMP BY TES CLAYTON & CHRISTIAN | |
| 7:00 | | | | | | | |
| 8:00 | | | | | | BATTLEFIELD JAI | |
| 8:30 | | | | HEALTHY MOVES SHOAN | | | |
| 9:00 | | | | | | BOXING DALLAS | |
| 9:30 | R50 NARISSA | PUMPED LINDA | A.B.T LINDA | BATTLEFIELD MOSI | TABATA NARISSA | | |
| 10:30 | CORE 30 MINS NARISSA | | STRETCH & RELAX LINDA | BOXING MOSI | YOGA MANDY | | |
| 4:00 PM | | KIDS KICKBOXING MOSI | | | | | |
| 5:00 | TABATA JEMMA | | HIIT NARISSA | | | | |
| 5:30 | BOOTY BLAST JEMMA | KICKBOXING MOSI | FITT R. NARISSA | PUMPED NARISSA | KICKBOXING MOSI | | |
| 6:30 | BOXING SHOAN | XXX STRENGTH MOSI | ZUMBA BRISSEL | | | | |
| 7:30 | FUNCTIONAL 30min SHOAN | YOGA EMMA | | | | | |



CLASS DESCRIPTIONS

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|---|--|--|--|
| <p>ABS, BUTT & THIGHS A half hour express class designed to target the ab's, butt and thigh area using a wide range of techniques including cardio, weights and functional movements. 30 Minutes</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>BOOTCAMP Testing your limits and determination, boot camp is one of the most effective ways of increasing your strength and fitness. Shape the body you want all in one class.</p> | <p>BOOTY BLAST A womens only class that is designed to improve mobility and strength. This weights based class focuses on lifting techniques to help you build the perfect booty.</p> |
| <p>BOXING Punch, duck and weave your way to a new you. Freestyle Boxing aerobics classes are a true favourite and will have you coming back for more.</p> | <p>CIRCUIT/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>HEALTHY MOVES A fun class for our members that incorporates functional movements and balance exercises that can assist with every day movements.</p> | <p>FITT R. A new functional fitness class that follows an innovative concept of training. It is based on improving the body's natural movement patterns with the use of dynamic exercises. Be prepared to use sleds, tyres and battle ropes also incorporating functional lifts.</p> |
| <p>ZUMBA Zumba is an exciting class that is a fusion of Latin and International music/dance themes. The routines feature aerobic interval training with a combination of rhythms that tone and sculpt the body. Zumba is a "feel happy" workout that is great for the mind and body.</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>KICK BOXING Structured kickboxing striking class based around hitting the freestanding boxing bag. Learn powerful kickboxing combinations while having a great workout - great for de-stressing.</p> | <p>KIDS 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>PUMPED Get STRONG and get PUMPED with this freestyle barbell class. This class is designed to create lean muscle and take your fitness to the next level.</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>TABATA Tabata is a form of High Intensity Interval Training. This training protocol involves performing a particular exercise (or exercises) for 20 seconds followed by 10 seconds rest. It's a simple but very effective fat burning blitz.</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>FULL BODY BY TES The ultimate workout combing strength & high intensity interval training. The sessions are tailored with fast paced training movements that will improve your muscular strength, endurance, power & mobility</p> | <p>LEGS BY TES Involves workouts targeting the glutes, hamstrings & quads. Will enhance overall strength adaptations & achieve greater muscle mass. The ultimate leg session!</p> | <p>PUSH/PULL BY TESS Is a training split that targets all major muscle groups in the lower body. A variation of compound / isolation movements are incorporated in the session. A challenging yet rewarding experience</p> | |