



**REVOLUTIONS**  
HEALTH & FITNESS CENTRE

**GROUP FITNESS TIMETABLE SMEATON GRANGE**

**JOIN THE REVOLUTION**

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45AM	SPIN  <i>TARNA</i>	BATTLEFIELD  <i>JOSH</i>	BOX HIIT  <i>GRACIE</i>	R50  <i>JOSH</i>	SPIN  <i>MEL</i>		
8:00AM						BATTLEFIELD  <i>JOSH</i>	
8:30AM			HEALTHY MOVES  <i>MICHAEL S</i>		HEALTHY MOVES  <i>MICHAEL S</i>		
9:00AM						YOGA  <i>LOUISA</i>	
9:30AM	SPIN 30 MIN  <i>EMILY</i>	PUMP FIT  <i>ALICIA</i>	CIRCUIT  <i>DAIN</i>	PUMP FIT  <i>ALICIA</i>	XXX STEP 30 MIN  <i>GRACIE</i>	FIGHT FIT  <i>MEL</i>	
10:00AM	A.B.T 30 MIN  <i>EMILY</i>				ABS & STRETCH 30 MIN  <i>GRACIE</i>		
10:30AM	FIT STRETCH 30 MIN  <i>EMILY</i>				HOT YOGA  <i>LILLY</i>		
4:30PM	KIDZ KICKBOXING  <i>NOOR</i>		KIDZ BOXING  <i>NOOR</i>		KIDZ BOXING  <i>NOOR</i>		
5:30PM		R50  <i>DAIN</i>	SPIN  <i>MEL</i>	XXX STEP  <i>GRACIE</i>			
	ADULT KICKBOXING  <i>NOOR</i>		ADULT BOXING  <i>NOOR</i>		ADULT BOXING  <i>NOOR</i>		
6:30PM	CIRCUIT  <i>GRACIE</i>	BATTLEFIELD  <i>DAIN</i>	SWEAT  <i>KYLIE</i>	PUMPED  <i>GRACIE</i>	CIRCUIT  <i>DAIN</i>		
7:30PM	PUMPED  <i>GRACIE</i>	YOGA  <i>VIVIENNE</i>	FLOW YOGA  <i>LILLY</i>	YOGA  <i>VIVIENNE</i>			

# CLASS DESCRIPTIONS

<p><b>A.B.T</b> ABS, BUTT &amp; 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><b>BATTLEFIELD</b> Team training taken to a new level! This Battlefield inspired workout uses the best of strength training and fundamentals of functional training.</p>	<p><b>R 50</b> R50 is based on functional training with specific work to rest ratios. It covers everything from flexibility to strength.</p>	<p><b>HEALTHY MOVES</b> A fun class for our members that incorporates functional movements and balance exercises that can assist with everyday movements</p>
<p><b>SWEAT</b> 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><b>CIRCUIT</b> 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><b>BOX HIIT</b> 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><b>PUMP FIT</b> 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><b>SPIN</b> 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><b>XXX STEP</b> 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><b>FIT STRETCH</b> 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><b>PUMPED</b> Blast all your muscles with this high-rep weight training workout.</p>
<p><b>BOXING</b> This class is designed to deliver effective training techniques that will help you master basic boxing skills and keep your fitness levels up. Consists of skipping, stretching, striking and defence. Powering through circuit training and partnered work. Boxing gloves and sparring pads required.</p>	<p><b>KIDZ BOXFIT</b> Get your child's heart racing and their body moving with kids' box fit 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 &amp; motivated in a fun &amp; safe space!</p>	<p><b>KIDZ FIT</b> 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 the importance of physical activity.</p>	<p><b>FIGHT FIT</b> This non-contact mixed martial arts class is an intense workout that helps tone your legs, arms, back and shoulders. It is a high energy, calorie burning cardio and strength building session. You will also benefit from core training all while developing coordination and confidence. No equipment needed.</p>
<p><b>PILATES</b> 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><b>YOGA</b> 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><b>FLOW YOGA</b> 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><b>YIN YOGA</b> 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><b>POWER YOGA</b> Power yoga is a more intense form of practice that promotes you to engage all muscles in the body. It is faster and builds strength with the focus on improving stamina, flexibility and endurance.</p>	<p><b>HATHA YOGA</b> A gentle and slow sequence to provide restorative posture that will allow a deep stretch, pairing with breathing techniques to increase the vital energy flow throughout the body. This class will not only revive you on a physical level but will help you tune into your inner self. Open to all levels.</p>	<p><b>VINYASA YOGA</b> A deep stretch combined with an energetic flow to release and free up any tensions in the mind and body. Strengthening the muscular system moving with the breath and also discipline the mental state of mind. This class is for those who are up for a little self-challenge. Open to all levels.</p>	<p><b>YOGALATES</b> Yogalates is a brilliant blend of the mindful, physical and spiritual postures of yoga with a combination of core strengthening and alignment of Pilates. It will transform your mind and body, increase flexibility and help to instil a calm and collected mindset.</p>