



**REVOLUTIONS**  
HEALTH & FITNESS CENTRE

**GROUP FITNESS TIMETABLE EMU PLAINS**

**JOIN THE REVOLUTION**

	MON	TUES	WED	THURS	FRI	SAT
<b>6:00 AM</b>	<b>TABATA</b>  <i>BREE</i>	<b>R50</b>  <i>BREE</i>	<b>BATTLEFIELD</b>  <i>BREE</i>	<b>XXX STRENGTH</b>  <i>BREE</i>		
<b>7:00</b>						
<b>8.00</b>						<b>BATTLEFIELD</b>  <i>JEMMA</i>
<b>8:30</b>		<b>HEALTHY MOVES</b>  <i>BREE</i>		<b>HEALTHY MOVES</b>  <i>NARISSA</i>	<b>HEALTHY MOVES</b>  <i>BREE</i>	
<b>9.00</b>						<b>BOXFIT</b>  <i>TEGAN</i>
<b>9:30</b>	<b>R50</b>  <i>NARISSA</i>	<b>PUMPED</b>  <i>LINDA</i>	<b>A.B.T</b>  <i>NARISSA</i>	<b>FITT R</b>  <i>NARISSA</i>	<b>TABATA</b>  <i>NARISSA</i>	
<b>10:30</b>	<b>CORE</b> 30 MINS  <i>NARISSA</i>		<b>STRETCH &amp; RELAX</b>  <i>NARISSA</i>		<b>STRETCH &amp; RELAX</b>  <i>NARISSA</i>	
<b>4.00 PM</b>		<b>KIDS KICKBOXING</b>  <i>CHRIS</i>				
<b>5:00</b>	<b>TABATA</b> 30 MINS  <i>JEMMA</i>		<b>HIIT</b>  <i>NARISSA</i>			
<b>5:30</b>	<b>BOOTY BLAST</b>  <i>JEMMA</i>	<b>BOXFIT</b>  <i>TEGAN</i>	<b>FITT R.</b>  <i>NARISSA</i>	<b>PUMPED</b>  <i>NARISSA</i>		
<b>6:30</b>	<b>BOXFIT</b>  <i>TEGAN</i>	<b>BOOTY BLAST</b>  <i>BREE</i>	<b>ZUMBA</b>  <i>BRISSEL</i>			
<b>7:30</b>		<b>YOGA</b>  <i>SAM</i>				



## CLASS DESCRIPTIONS

<p><b>ABS, BUTT &amp; THIGHS</b> 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.</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>BOOTCAMP</b> 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><b>BOOTY BLAST</b> 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><b>BOXING</b> 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><b>CIRCUIT/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>HEALTHY MOVES</b> A fun class for our members that incorporates functional movements and balance exercises that can assist with every day movements.</p>	<p><b>FITT R.</b> 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><b>ZUMBA</b> 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><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>KICK BOXING</b> 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><b>KIDS KICKBOXING</b> Get your Child's heart racing &amp; 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 &amp; motivated in a fun &amp; safe space!</p>
<p><b>PUMPED</b> 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><b>R50</b> R50 is based on functional training with specific work to rest ratios. It covers everything from flexibility to strength.</p>	<p><b>TABATA</b> 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><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>XXX STRENGTH</b> An explosive movement-based class that also incorporates strength-based components and movements. This class will push you to your limits while giving you a full body workout.</p>	<p><b>KIDS BOXFIT</b> Kids BoxFit is an interactive, fun, and engaging class with the goal of improving fitness and boxing skills in kids aged 5-12. All classes are built to be fun, whilst also focusing on specific boxing, fitness and team building social skills.</p>	<p><b>H.I.I.T</b> High Intensity Interval Training. The class is based on high energy bursts with low to moderate intensity recovery. This class will take your fitness to the next level.</p>	<p><b>BOXFIT</b> Challenge your cardiovascular and muscular endurance with this intense and dynamic workout that incorporates a variety of boxing inspired movements that help you build agility, strength and stamina.</p>