



REVOLUTIONS
HEALTH & FITNESS CENTRE

JOIN THE REVOLUTION

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45AM	SPIN <i>TARNA</i>	BATTLEFIELD <i>JOSH</i>	BATTLE R50 <i>JOSH</i>	R50 <i>JOSH</i>	SPIN <i>IRENE</i>		
7AM						SPIN <i>MEL</i>	
8.00AM						STEP/PUMP <i>GRACIE</i>	BOX HIIT <i>GRACIE</i>
8.30AM			HEALTHY MOVES <i>MICHAEL.S</i>		HEALTHY MOVES <i>MICHAEL.S</i>		
9.00AM			CIRCUIT <i>DAIN</i>		CIRCUIT <i>DAIN</i>	FUSION FITNESS <i>GRACIE</i>	YOGALATES <i>TINA</i>
9:30AM	SPIN <i>EMILY</i>	TABATA <i>MEL</i>		STRENGTH HIIT <i>MEL</i>			
10.00AM						MET-CON <i>ALISON</i>	
10:30AM							
4.30PM							
5.30PM	POWER HIIT <i>MEL J</i>	KIDS TECH BOX <i>ADRIAN</i>	CIRCUIT <i>KYLIE</i>	KIDS TECH BOX <i>ADRIAN</i>			
6.30PM	JUNGLE BODY <i>MEL J</i>	ADULTS TECH BOX <i>ADRIAN</i>	SWEAT <i>KYLIE</i>	ADULTS TECH BOX <i>ADRIAN</i>	BOOTCAMP <i>ALISON</i>		
7:30PM	HIIT PILATES <i>MEL J</i>	HOT YOGA VINYASA <i>VIVIENNE</i>	YOGA <i>SERENA</i>	HOT YOGA YIN <i>VIVIENNE</i>			

CLASS DESCRIPTIONS

<p>JUNGLE BODY</p> <p>Jungle Body is an easy-to-follow, mood elevating, dance fitness fusion class that combines boxing, cardio, dance and sculpting sets to the hottest beats including, Afro beats, Latin and hip-hop. Torch up to 600 calories as you twerk and tone throughout this beat-driven workout.</p>	<p>BATTLEFIELD</p> <p>Team training taken to a new level! This Battlefield inspired workout uses the best of strength training and fundamentals of functional training.</p>	<p>R50</p> <p>R50 is based on functional training with specific work to rest ratios. It covers everything from flexibility to strength.</p>	<p>HEALTHY MOVES</p> <p>A fun class for our members that incorporates functional movements and balance exercises that can assist with everyday movements</p>
<p>SWEAT</p> <p>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</p> <p>An intense and effective session for those looking to burn calories all hour long. This class switches between several exercises that target different muscle groups with minimal rest in between.</p>	<p>BOX HIIT</p> <p>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>STEP/PUMP</p> <p>Join us for an exhilarating half step - half pump class that combines high energy step aerobics & muscle strengthening pump exercises. Boost your cardiovascular fitness by getting your heart pumping while building muscle strength and toning.</p>
<p>SPIN</p> <p>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</p> <p>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>FUSION FITNESS</p> <p>A powerful workout that combines the best of combat and pump training. Starting with high-energy MMA moves to boost your cardio & coordination, then switch to weight-based exercises for muscle tone and strength</p>	<p>POWER HIIT</p> <p>This high energy class will test you through a combination of explosive body weight movements with cardio inspired movements. A class that will transform your body and fitness levels.</p>
<p>ADULTS TECH BOX</p> <p>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.</p>	<p>KIDS TECH BOX</p> <p>Get your child's heart racing and their body moving with kids' boxing 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>NRG BOX</p> <p>Learn basic boxing skills while putting your body through a HIGH ENERGY workout! Moving from a combat style warm-up to HIIT then a skill development and full-body workout - this class burns calories, builds and tones muscles while improving self-defence skills.</p>	<p>BOOTCAMP</p> <p>Challenge your comfort zone and surprise yourself with new limits that are just on the otherwise of discomfort. If you are looking to improve stamina, increase joy and gain fitness, join our Bootcamp which incorporates weekly challenges.</p>
<p>PILATES</p> <p>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>TABATA</p> <p>A form of high-intensity training where very short periods of extremely demanding activity are alternated with shorter periods of rest. This class is designed to BURN calories and to help you SHRED.</p>	<p>HIIT PILATES</p> <p>HIIT Mat Pilates combines high-intensity intervals with core-strengthening Pilates moves for a full-body workout. Boost your endurance, tone muscles, and improve flexibility in this energizing class.</p>	<p>YIN YOGA</p> <p>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>YOGALATES</p> <p>The combination of stretch in yoga & core strengthening in Pilates - You get the best of both worlds. Through a series of movements you will develop increased strength, flexibility & stability.</p>	<p>VINYASA YOGA</p> <p>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 discipline the mental state of mind.</p>	<p>MET-CON</p> <p>This class is a combination of strength training and High Intensity intervals with the aim of enhancing the bodies overall metabolic efficiency.</p>	<p>STRENGTH HIIT</p> <p>A high-intensity workout that combines strength training with bursts of cardio to maximise results. Designed to build muscle, boost endurance and torch calories.</p>