



**REVOLUTIONS**  
HEALTH & FITNESS CENTRE

**GROUP FITNESS TIMETABLE ST MARYS**

**JOIN THE REVOLUTION**

	MON	TUES	WED	THURS	FRI	SAT
6:00	HIIT <i>MATT</i>	BATTLEFIELD <i>MATT</i>	R50 <i>NICK</i>	XXX STRENGTH <i>MATT</i>	BOOTCAMP <i>BRONTE</i>	
7:00						YOGA <i>DANNI</i>
8:00						BOOTY BLAST <i>JENNIFER</i>
9:30	PUMPED <i>LINDA</i>	BOXFIT <i>TEGAN</i>	CORE-LATES <i>LINDA</i>	PUMPED <i>LINDA</i>	REBOUND FIT <i>LINDA</i>	
10:30	CORE-LATES <i>LINDA</i>	YOGA <i>DANNI</i>	EXPRESS CARDIO 45 MIN <i>LINDA</i>	STRETCH & RELAX <i>LINDA</i>	YOGA <i>DANNI</i>	
4PM FIGHT ROOM	KIDS KICK BOXING <i>CHRIS</i>	KIDS ATHLETICS 5-14 yrs <i>MARK</i>	KIDS ATHLETICS 5-14 yrs <i>MARK</i>	KIDS KICK BOXING <i>CHRIS</i>		
4.30			TAE KWON DO FIGHT ROOM <i>KIDS</i>		TAE KWON DO FIGHT ROOM <i>KIDS</i>	
5:30		AB ATTACK 30 MIN <i>LINDA</i>	TAE KWON DO FIGHT ROOM <i>KIDS</i>	BATTLEFIELD <i>TEGAN</i>	TAE KWON DO FIGHT ROOM <i>KIDS</i>	
6:00 FIGHT ROOM	TABATA <i>LINDA</i>	PUMPED <i>LINDA</i>	R50 <i>LINDA</i>		A.B.T 60 MIN <i>TEGAN</i>	
	KICKBOXING <i>CHRIS</i>	KICKBOXING <i>CHRIS</i>		KICKBOXING <i>CHRIS</i>		
6.30 FIGHT ROOM					KIDS KICKBOXING <i>OSCAR</i>	
7.00	PUMP <i>LINDA</i>	ZUMBA <i>CLARE</i>	STRETCH & RELAX <i>LINDA</i>	ZUMBA <i>BRISSEL</i>	ZUMBA <i>DAPHNI</i>	
7.30 FIGHT ROOM					KICKBOXING <i>OSCAR</i>	



## CLASS DESCRIPTIONS

<p><b>AB ATTACK</b></p> <p>A programed workout designed to improve the strength around your entire core. Not your average ab class.</p> <p>30 Minutes</p>	<p><b>A.B.T</b></p> <p><b>ABS.BUTTS.THIGHS</b></p> <p>Designed to target the ab's, butt and thigh area. Focusing on core strength, glutes, quads &amp; hamstrings.</p> <p>Full lower body work out!</p>	<p><b>BOOTCAMP</b></p> <p>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>R 50</b></p> <p>R50 is based on functional training with specific work to rest ratios. It covers everything from flexibility to strength</p>
<p><b>BOXING</b></p> <p>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</b></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><b>REBOUND FIT</b></p> <p>A trampoline-based class that will work your whole body and test your endurance. Get those legs pumping and your heart rate climbing is this fun and energetic class.</p>	<p><b>FIGHT DRILLS</b></p> <p><b>MUST PROVIDE OWN - SHIN GUARDS MOUTH GUARD MINIMUM 14OZ GLOVES</b></p>
<p><b>PUMPED</b></p> <p>Blast all your muscles with this high-rep weight training workout.</p>	<p><b>H.I.I.T</b></p> <p>High Intensity Interval Training.</p> <p>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>KICK BOXING</b></p> <p>Structured kick box 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></p> <p>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>PILATES</b></p> <p>Beginners to the advanced. Challenge your body whilst building strength, improving flexibility, balance &amp; body awareness.</p>	<p><b>STRETCH &amp; RELAX</b></p> <p>Full body work out to loosen those tight muscles &amp; relax your mind through meditation &amp; stretching techniques.</p>	<p><b>TABATA</b></p> <p>Tabata is a form of High Intensity Interval Training. This training protocol involves performing an 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></p> <p>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>LATIN RHYTHM</b></p> <p><b>Latin Rhythm</b> is a fun class that is a combination of international music/dance and Latin themes. Tone and sculpt your body using a combination of rhythms and HITT training. Dance your problems away with this empowering workout.</p>	<p><b>ZUMBA</b></p> <p>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>BATTLEFIELD</b></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><b>XXX STRENGTH</b></p> <p>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>BOOTY BLAST</b></p> <p>A class that is designed to improve mobility and strength.</p> <p>This weights based class focuses on lifting techniques to help you build the perfect booty.</p>	<p><b>EXPRESS CARDIO</b></p> <p>This 45-minute creative class welcomes all levels. It focuses on maintaining and strengthening your cardiovascular fitness. Perfect for those who only have time for a quick workout!</p>	<p><b>KIDS ATHLETICS</b></p> <p>An exciting new sport specific class that focuses on improving the 12 essential components of fitness.</p> <p>This class will help develop the athletes physical strength and mental resilience empowering them to perform at their best.</p>	<p><b>CORE-LATES</b></p> <p>A Pilates inspired core and stretch class that will leave you feeling invigorated. Strengthen your core, improve your breathing, flexibility, and balance.</p>